

u just  
2  
ays  
y dye,  
g in

ure,  
eds of  
eading  
perior  
ilet  
n't it,

ry



# A JOURNAL FOR NURSES

FEBRUARY 1963

# Quicker Results IN PSORIASIS

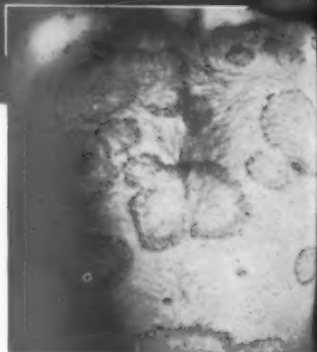
More and more physicians have found that RIASOL gives prompt and effective relief in psoriasis. When the disfiguring lesions are treated with RIASOL quicker results are obtained—even in stubborn cases.

CLINICALLY TESTED RIASOL is easy and pleasant to apply, is non-staining and requires no bandages—facts which encourage patient's cooperation over sufficient periods to secure maximum results and minimum recurrences.

This distinctive formula contains 0.45% mercury chemically combined with soaps, 0.5% phenol and 0.75% cresol in an oily emulsified liquid. Low mercury content enhances safety.

RIASOL may be used to treat psoriasis wherever it occurs on the body or scalp. For best results, apply once daily, preferably before retiring, after bathing and drying the skin thoroughly.

Cooperate with your physicians by familiarizing yourself with the use of RIASOL for PSORIASIS. For professional literature and a FREE testing supply, MAIL THE POST CARD TODAY.



BEFORE USE OF RIASOL



DURING USE OF RIASOL



AFTER USE OF RIASOL



**SHIELD LABORATORIES**  
8751 Grand River Ave. Detroit, Mich.

## RIASOL for PSORIASIS

# IN *this* ISSUE

February 1943

Vol. 6, No. 5

Debits and credits.....	2
Memo from the editor .....	17
Treasure Island.....	18
Designed for nursing.....	22
Virus pneumonia.....	25
Night Watch.....	26
Group nursing .....	28
"Ask Miss Torrop".....	31
Your wartime budget.....	32
Probie.....	34
London letter.....	35
When fats are rationed .....	36
Trends in science.....	38
Positions available .....	71

*Cover photograph by Three Lions*

Circulation over 100,000 registered nurses monthly. Editorial and business offices at Rutherford, N.J. DOROTHY SUTHERLAND, Managing Editor. JEAN DEWITT, Editorial Associate. Editorial Advisory Board: NAN T. CUMING, R.N., ELIZABETH DYOTT, R.N., FLORENCE E. NEWELL, R.N., ELIZABETH SENNEWALD, R.N., HILDA TORROP, R.N., and FRANCES M. TIERNEY, R.N.

Copyright 1943. Nightingale Press, Inc., Rutherford, N.J.

A JOURNAL **RN** FOR NURSES

# Debts AND CREDITS

## AUCKLAND HOSPITALITY

Dear Editor:

I thank you for the past copies of R.N. and, while disappointed at their stoppage, thoroughly understand the necessary reasons. After we have won the war it will be a pleasure to receive your magazine again.

The Season's Greetings to you and the wish that 1943 will be the year of victory for the United Nations.

If I can offer any help or hospitality to your friends or kinsfolk in this neighborhood, it will be a great pleasure to do so. We live very quietly and my spare hours away from nursing are mostly spent in the garden, but I should certainly welcome anyone you might have an interest in.

My kind regards and I am enclosing a small pin. It is the *Tiki*, an emblem of the Maori people who believe it brings good luck. May it do so to you!

(Sister) D. Ross, R.N.

Auckland, New Zealand

## UNION CHAMPION

Dear Editor:

Your letter from R.N., Oakland, California [D & C, November] made me very angry. For her information, the nurse is not a professional, but a domestic. Just check with the Department of Labor. The reasons why are very simple. Her standards are too low to put her in the professional class. The nurse keeps herself out of that class by not trying to better herself. She thinks she is too good to join unions. . . Hasn't anyone ever told her that the only reason she gets a raise is because enough union members have put up a fight for it and she indirectly profits?

I wish the time would come when only the nurses who belong to unions and sign petitions for increases would get them, and those who don't sign would not get the increase. I'll warrant the latter would soon lose the professional attitude and join the union. . .

I'm proud to say I'm a good nurse and

a good union member and intend to remain that way. And as far as I can see the good nurse has to be a good union member too, because she not only tries to get better things for herself but for her patient.

Who got the eight-hour day for nurses, if not the union? . . . We are just getting a \$12.50 monthly increase, which our union fought for and won for us. . .

If nurses are afraid that by joining a union they will be forced to strike, they should know that we don't strike. In union there is strength and where there is strength we can arbitrate and there is never any danger of strikes.

R.N., New York, N.Y.

## SHOCK-ABSORBERS

Dear Editor:

Thank you for your timely and provocative editorial relative to private duty in the November R.N.

Besides the skill and reassurance the private-duty nurse brings, she is a dependable shock-absorber between a weary doctor, a very sick patient, a frantic family, and an over-burdened nursing staff. The characteristically American propensity for having a difficult job well done is responsible for the prominence in the hospital picture of the private nurse. When the public is sufficiently enlightened to underwrite the cost of an adequate staff nursing service, she may be on the scene less frequently, but the unpredictability of a hospital's needs from hour to hour precludes the possibility of dispensing with her services. . .

Why does private duty attract so many capable nurses? Because, not being blessed with perpetual youth, there comes a day when self-preservation compels the R.N. to abandon the six-day marathon of hospital service. Because, living away from the hospital in a home of her choice, she can better react from the duties of the sick room. Because of slightly better remuneration she is enabled to maintain a standard of living in keeping with her profession and social attainments. . .

Lack of union, you say? No branch of





## JOHNSON'S BABY OIL



- Bland, light, and pure
- Will not turn rancid
- Stable
- Chemically inert
- Stainless
- Pleasantly fragrant
- Made by the makers of Johnson's Baby Powder, Soap, and Cream

*Send for free sample bottle  
of Johnson's Baby Oil*

Johnson & Johnson, Baby Products Division  
Dept. 926, New Brunswick, N. J.

Please send me, free of charge, sample bottle of  
Johnson's Baby Oil.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

*Offer limited to members of the nursing profession*

**Johnson & Johnson**  
NEW BRUNSWICK, N. J. CHICAGO, ILL.

FEB.—R.N.—1943

the American Nurses Association is more united, progressive, and actively patriotic than that of the private duty section. While believing theirs to be the most difficult yet one of the most satisfactory fields of real nursing, they make no plans to perpetuate it. An appreciative public takes care of that. . . In hospitals or homes, in peace or war, the private duty nurse—friend, counsellor, and confidante—has a permanent place of prestige in the American way of life. So shall it always be.

R.N., New York, N.Y.

[R.N. still believes private nurses will benefit by more self-assertion, less assumption that their "appreciative public" alone can perpetuate private-duty nursing.—THE EDITORS.]

#### CAMP TALK

Dear Editor:

Your question as to the future of private duty nursing is a challenge to all thinking Americans. [Memo from the Editor, R.N., November.]

Eight years ago while in nurses' train-

ing school our History of Nursing text mentioned military nursing as a very limited field, because the world was too civilized to again engage in war. Today military nursing needs cannot be supplied. Of necessity, we must discourage private duty nursing because the war demands so many nurses to help preserve our freedom.

We are fighting for the America we love and for all the things that make America. We are fighting for the million lights on Broadway, for new automobiles, for nylon and silk hose, for summer vacations, and wide-open gas stations. . . We are fighting for freedom, peace, and prosperity. If this war wipes out the desire for the finer things in life then our fighting will have indeed been in vain.

There will be years of depression after this war when registered nurses will compete with nurses' aides and practical nurses, who are now valuable in taking part of the burden of the profession. Training standards must be kept high, graduate nurses must be organized and keep up with new treatments and medi-

## FROM COLLAR TO HEM . . . .

More **QUALITY DETAILS**  
Than Any Other Uniform  
At This Price!

**\$3.95**

### NURSECRAFT'S "MISS ON-THE-GO"

Distinctively styled . . . painstakingly tailored . . . this smart uniform is both fashionable and durable.

Order with confidence . . . if you are not satisfied, return garment immediately and your money, plus return postage will be cheerfully refunded.

Order today . . . "Miss On-the-Go" is Model Number 246.

Sizes: 12 to 46, also 11, 13, 15.

Fine quality sanforized-shrunk Poplin . . . \$3.95  
Beautiful crisp Sharkskin . . . . . 5.30  
Exquisite KODA-RAY\* . . . . . 5.95  
(Sharkskin and KODA-RAY\* button down to hem)

**NURSECRAFT UNIFORMS**  
INC.

120 EAST 59TH STREET, NEW YORK CITY

Can't be  
Duplicated  
Detachable pearl  
buttons.

Full cut pockets  
— reinforced at  
point of wear.

Concealed grip-  
pers from belt  
down.

7-gore freedom-  
of-action skirt.

\* Eastman  
Acetate  
Rayon



Three darts in  
back insure per-  
fect neckline.

Modified puff  
sleeve—extra  
large opening  
for easy turning-  
up.

Shirring for flat-  
tering fullness.

Every gore and  
seam reinforced  
— no raw edges.

Longer wear  
double fly—  
this side has  
three layers.

#### FREE:

Write Nursecraft  
Uniforms, 120  
East 59th St., New  
York City, for our  
latest uniform  
fashion catalog.  
R-2.

Stores also at:

Newark, N. J.  
835 Broad St.

Philadelphia, Pa.  
1001 Chestnut St.

Pittsburgh, Pa.  
2119 Jenkins Arcade

text  
lim-  
too  
day  
sup-  
age  
de-  
erve  
  
we  
take  
lion  
iles,  
aca-  
We  
ros-  
esire  
ight-  
  
after  
com-  
tical  
king  
sion  
nigh-  
and  
medi-



BUY WAR BONDS AND STAMPS

## "...And you will have four beautiful children"

ance, the fortune teller is probably right. has on her side the strong fact that healthy children usually grow into healthy parents, and healthy parents usually have healthy children.

America's children grow stronger and more healthy each successive generation. . . . This is a pleasant and encouraging vital statistic; one reason for it is that each year America's statisticians learn more about food—its proper use, its possibilities, and its meaning in the life of an individual and in the progress of a people.

National Dairy Research is constantly adding to the fund of existing knowledge about one of the great basic human foods . . . milk, and milk products. The entire National Dairy organization is devoted to the translating of this knowledge into better methods of producing, processing and distributing milk for the benefit of people in many cities in the land.

By a system of precise and far-reaching *quality control*, National Dairy sets standards of purity and nutritive value. . . . By helping to make milk and its products better, more abundant and more available, National Dairy helps strengthen the life-lines of the nation.

*Dedicated to the wider use and better understanding of milk as a human food . . . as a base for the development of new products and materials . . . as a source of health and enduring progress on the farm and in the towns and cities of America.*

**NATIONAL DAIRY  
PRODUCTS CORPORATION**  
AND AFFILIATED COMPANIES

Originators of the Sealtest System of Laboratory Protection



Yes, Sue *is* in luck. So are all the other nurses who have a supply of Progar uniforms. You see, the amount of Progar Poplin that Kendall Mills can now deliver for civilian nursing use is restricted by war demands. But some uniforms of Progar may still be available at your regular source.

Today, in the hospitals at home and on all the fighting fronts, Progar Poplin is continuing to turn in notable performance. No need to tell you that this beautiful fabric — made especially for your uniform wear — is strikingly neat in appearance, faultless in drape, launders perfectly. But most important today, Progar can take tough going like a good soldier . . . delivers wonderful durability and economy.

KENDALL MILLS  
Division of THE KENDALL COMPANY  
Walpole, Mass.



cations. Private duty nurses must be organized and ready to take their place in society when peace is restored.

Now is the time for nurses to refresh their minds on new trends by getting into active duty in Army, Navy, and civilian hospitals. The war is bringing about drastic changes in medical and surgical treatments and nurses must keep up with all of them if the profession is to take its rightful place in the post-war world.

I am an ex-private duty nurse who feels that if America has a future, private duty nursing has a future. In 1941 I was chairman of the Arizona State Nurses' Association Private Duty Section. At present I am an Army nurse and like it tremendously.

Erva Watson, R.N.  
Camp Barkeley, Texas

Dear Editor:

R.N. is one of the most interesting magazines I have read and I find that it is enjoyed by every nurse stationed here.

When the magazine is delivered each month, you can take a bet that at least four different nurses will say, "Gee, I like that R.N., it has everything of interest to nurses."

We, in the Army, especially enjoy the articles about our fellow members in the Armed Service. Give us more.

R.N., Fort Thomas, Ky.

Dear Editor:

The most recent copies of our magazine [June and July] have reached me and just as promptly departed, right into the clutches of our nursing sisters. The magazine was especially welcome over here, or "down under" if you prefer to call it, because of the lack of authentic, up-to-date nursing news.

At the present time I am doing N.P. nursing and the article on Shock Therapy [R.N., June] was most helpful and welcome as a source of valuable refresher reading.

Naturally I was especially interested in the short item in the June Memo in reference to the objectives for nurses on the home front: rank for men and women nurses alike. That subject is constantly in our thoughts over here and if you could see the well-trained and fully qualified registered men nurses here working

be or-  
place in  
refresh  
ng into  
civilian  
t dras-  
t treat-  
with all  
ake its  
rld.  
e who  
e, pri-  
1941 I  
Nurs-  
on. At  
like it

Texas

esting  
that it  
here.  
each  
least  
Gee, I  
of in-

py the  
in the

s. Ky.

maga-  
d me  
t into  
The  
over  
er to  
entic,

N.P.  
erapy  
wel-  
esher

ested  
no in  
es on  
omen  
antly  
you  
quali-  
cking

work better  
feel better  
earn more



## MORE VIGOROUS HEALTH requires adequate intake of VITAMINS and MINERALS

Today's grueling work schedules call for tip-top health, every day, all day. An insufficient daily intake of vitamins and minerals to meet body demands can leave you just half-alive, half-healthy and with nerves shaken and efficiency impaired.

To keep on their toes, more vigorous in mind and body—thousands of nurses (and many doctors) supplement their diets with Vi-Syneral to assure higher vitamin-mineral levels.

New, increased potencies in

# VI-SYNERAL

(Funk-Dubin)

Vitamin potencies in Vi-Syneral have been substantially increased in step with advancing nutrition research, assuring a safety-margin of six important vitamins—fortified with eight minerals:

**VITAMINS:** A-B<sub>1</sub>-B<sub>2</sub>(G)-C-D-E-Niacinamide  
and small amounts of other B complex factors.

**MINERALS:** Calcium, Phosphorus, Iron, Iodine Mag-  
nesium, Manganese, Copper, Zinc.

### HOW TO OBTAIN FULL-SIZE PACKAGE OF VI-SYNERAL

Enjoy Vi-Syneral benefits for yourself. MAIL THIS COUPON NOW for details of how to obtain a full-size package, free . . . and for new, valuable brochure telling how to select and prepare foods for maximum vitamin-mineral content.

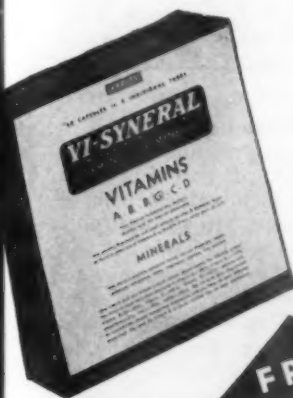
NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

REG. NO. \_\_\_\_\_

S. VITAMIN CORPORATION

543 1st Ave. N.Y.C. 17, N.Y.





## Extra Duty Means Tired Feet!

Enjoy the comforting relief which a MU-COL foot bath brings to tired, tender feet. The painful feeling of burning and smarting disappears almost at once in the cooling, soothing MU-COL solution, recommended for this and many other hygienic uses by hundreds of doctors and nurses. MU-COL is a powder, non-deteriorating but quickly soluble, inexpensive and handy to use when traveling.

**Mu-col**

### THE MU-COL COMPANY

Dept. RN-23

Buffalo, N. Y.

## LOOK FOR THE NAME

✓ **Bathinette\***  
COMBINATION BATH AND TABLE

Every expectant mother should know about the "Bathinette," a real time saver when the baby comes. The complete "Bathinette" is equipped with Hammock with a headrest that holds the baby's head up and gives mother both hands to use—really a **Third Hand**—In addition a baby spray is provided to cleanse the baby from the soiled water.

THE BATHINETTE COMBINATION BATH AND TABLE IS THE LARGEST SELLING INFANTS' BATHING DEVICE IN THE WORLD. FREE BOOKLET AND SPECIAL DISCOUNT TO DOCTORS. ASK FOR IT.



The "Bathinette" way is the accepted way.

\*Trade Mark Reg. U. S. Pat. Off. and in Canada

**BABY BATHINETTE CORPORATION**

Dept. E, Rochester, N. Y.

as gate guards, truck drivers, and dish washers while some men untrained—or partly trained by the Army—are in authority, it would make some people stop and wonder if our three years in training has been spent wisely or not. . .

Keep up the good fight.

Pfc. Thomas Schlegel, R.N.  
Somewhere in Australia.

### PRIVATE LIVES

Dear Editor:

It gave me sincere pleasure to read "A Room of One's Own" because the subject of living in *vs.* living out has always been rather a bug with me.

When I graduated I went into private-duty nursing chiefly because it permitted me to live apart from the job. When, about three years later, I learned that a few hospitals, notably some of the City's public institutions, provided a limited number of positions with living-out arrangements, I obtained one of them.

Several years afterwards I married and it naturally became even more desirable for me to feel that when my day's work was done I could detach myself from the job and have a normal social life.

Would one expect teachers, office workers, or department store salesclerks to live on the premises? Ridiculous! What a shriek of protest there would be. Then why should it be considered satisfactory for nurses to put up with such an archaic mode of living?

Inge P. Coleman, R.N.  
Springfield Gardens, N.Y.

● In "Debits and Credits" R.N. will continue to present *impartially* a cross-section of reader-opinion. Because mail to this department is unusually heavy, we cannot publish every letter we receive but must select those that are most interesting, provocative, or representative of group opinion. We are glad to withhold the name, *not* the locale of the writer, but we cannot publish letters we receive anonymously. Views expressed are those of contributors, not of the magazine.—THE EDITORS.



## Private duty nurses are more active

**T**HERE'S scarcely a rest between cases these days. That means less time for leisure personal grooming.

That's why MUM is more than ever welcome . . . it takes but a moment to apply this snowy-white cream deodorant to the underarms and other perspiration centers. Greater activity means additional need for precautions

against annoying sweat odors. MUM is also effective for deodorizing sanitary napkins. Have you tried it for soothing and refreshing hot, tired feet?

MUM does not interfere with normal sweat gland activity . . . is non-irritating and stainless. Your patients will appreciate your suggesting MUM-conditioning. Send for literature.



*Bristol-Myers Company, 19-D West 50th St., New York, N.Y.*

# MUM

*takes the odor out of stale perspiration*

# Why do so many professional people take vitamin supplements?



**H**AVE A ROUND TABLE DISCUSSION with a group of professional people. Ask them: "How many of you take vitamin supplements?" The answer "I do" will usually travel right around the table.

Visit doctors in their homes, in their offices. Check up on where they stand. According to a recent survey, more than 70% of them take extra vitamins.

Survey after survey proves that those who know most about vitamins are most

apt to supplement their diets with them. Why? "Because," as one noted man in this field says, "there are few of us who are diligent enough, persevering enough and intelligent enough day in and day out to select and eat a good diet."

Then, too, experts are the very ones who know how difficult it is to get all the vitamins all the time. Processing, storage, transportation and cooking all take their toll of these substances in foods. Food rationing and shortages will make it increasingly difficult to secure a balanced diet.



Today, many professional people who do take vitamin supplements prefer Vimms.

1. Vimms supply all 6 vitamins known to be essential in the diet, in the full daily minimum amounts recommended by the Government. Doctors endorse this 6-vitamin formula.\* (See chart at left.) And note that Vimms also supply 3 minerals that belong with these vitamins—Calcium, Phosphorus and Iron.

2. Vimms are good-tasting—easy to chew or swallow. Children like them.

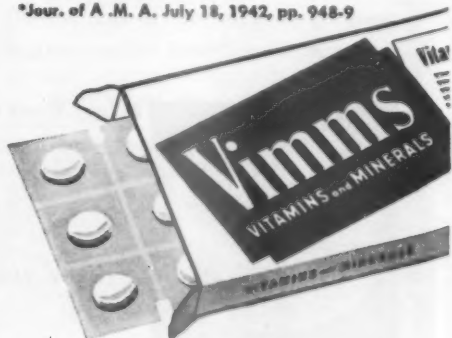
3. Vimms are inexpensive (50¢ for 24 tablets; \$1.75 for 96 tablets; \$5.00 for 288 tablets). No product at any price can match all the advantages of Vimms.

\*Jour. of A. M. A. July 18, 1942, pp. 948-9

VIMMS MEET OR EXCEED MEDICAL RECOMMENDATIONS*			
Medical recommendations are based on these Gov't standards		See how 3 Vimms meet or exceed these standards	
VITAMIN			
4,000 USP Units	<b>A</b>	5,000 USP Units	
1.0 Milligram	<b>B<sub>1</sub></b>	1.0 Milligram	
2 Milligrams	<b>B<sub>2</sub> (G)</b>	2 Milligrams	
30 Milligrams	<b>C</b>	30 Milligrams	
400 USP Units	<b>D</b>	500 USP Units	
10 Milligrams	<b>P-P</b> (Niacin Amide)	10 Milligrams	
In addition, Vimms supply these vital minerals:			
<b>CALCIUM</b> . . . . .		375 Milligrams	
<b>PHOSPHORUS</b> . . . . .		250 Milligrams	
<b>IRON</b> . . . . .		10 Milligrams	
*Jour. of the A. M. A., July 18, 1942, pp. 948-9			

\*Jour. of the A. M. A., July 18, 1942, pp. 948-9

If you haven't tried Vimms, we'll be glad to send you a professional sample. Write to Lever Brothers Company, Dept. RN-4, Pharmaceutical Div., Cambridge, Mass.



FEB.—R.N.—1943

# le

## APPETITE DULL? DIGESTION IMPAIRED?

Underweight patients, those who are victims to debilitating disease, or recuperating from surgical interference, frequently present a difficult problem in nutrition.

Increased intake of important food essentials is demanded, but consideration must be given to possible sluggish appetite and impairment of digestion.



### HORLICK'S FORTIFIED

(A, B<sub>1</sub>, D & G)

combines the basic elements of nutrition with protective food factors, the Fortified being supplemented by vitamin addition.

Because of full processing, Horlick's when mixed with milk produces a softer curd, which encourages ease and speed of digestion. Taken between meals, it does not interfere with next full meal.

*Recommend*  
**HORLICK'S**

The Complete Malted  
Milk—Not Just a Malt  
Flavoring for Milk

# HORLICK'S



**"DR. BORWELL'S PATIENT**  
is an obstinate case of constipation. The doctor said, 'give her Petrogalar with Phenolphthalein.'"

**"THIS CASE NEEDS**  
an aid to habit time.  
Petrogalar Plain morning and night," Dr. Gund said."

**"DR. CLARK'S PATIENT**  
has constipation and hyper-acidity—'Petrogalar with Milk of Magnesia,' he said."

**"THIS CASE HAS**  
diabetic tendencies.  
Dr. Smith specified Petrogalar un-sweetened."

**"JUDGE ROBERTS**  
needs Petrogalar with Cascara," said Dr. McNeil."

**"Doctors know there is a type of Petrogalar\* for every type of patient."**

\* Reg. U. S. Pat. Off. Petrogalar is an aqueous suspension of pure mineral oil each 100 cc. of which contains 65 cc. pure mineral oil suspended in an aqueous jelly containing agar and acacia.

# Petrogalar



**Petrogalar Laboratories, Inc.**  
8134 McCormick Boulevard  
Chicago, Illinois



FEB.—R.N.—1943

**No Let-Down in Interest  
because—  
No Let-Down in Dependability**

## CLINITEST

**THE NEW 1-MINUTE TABLET TEST FOR URINE-SUGAR**



**1 IN THE LABORATORY**

**2 IN THE HOME**

**3 IN THE OFFICE**

### *Advantages which Offer Special Appeal*

No external heating required • Active reagents in a single tablet • Standard fool-proof technic • Dependable—closely approximates Benedict's, Fehling's, Haines' tests • Indicates sugar at 0%,  $\frac{1}{4}\%$ ,  $\frac{1}{2}\%$ ,  $\frac{3}{4}\%$ , 1% and 2% plus.

### **TEST CONSISTS OF THESE 3 SIMPLE STEPS**



- 1** 5 drops urine *plus* 10 drops water
- 2** Drop in tablet
- 3** Allow for reaction and compare with color scale

Available through your prescription pharmacy. Write for full descriptive literature.

**EFFERVESCENT PRODUCTS, INC.**  
**ELKHART, INDIANA**



**MINIT-RUB**

**Quicker relief from "tightness" of upper respiratory colds for your patients**

MINIT-RUB does much to help ease the "tightness" and discomforts due to colds affecting the upper respiratory passages. Stimulation of the local blood supply brings soothing, relaxing warmth, aids in relieving congestion, and alleviates surface back and chest pain. MINIT-RUB benefits go beneath the skin through reflex action. It is also a prompt and useful aid in the treatment of simple neuralgias and myalgias . . . Literature on request.

**THE MODERN RUB-IN**



**MINIT-RUB**

**STAINLESS • GREASELESS • VANISHING**

Bristol-Myers Company, 19RN West 50th St., New York, N. Y.

**Here's a letter** from Doctor Jones  
... he's Captain Jones now ... says there's  
plenty of infant feeding at his Army Post  
and he always prescribes

**S-M-A\***  
INFANT FOOD



\* S-M-A, a trade mark of S. M. A. Corporation, for its brand of food especially prepared for infant feeding—derived from tuberculin tested cow's milk, the fat of which is replaced by animal and vegetable fats, including biologically tested cod liver oil; with the addition of milk sugar and potassium chloride; altogether forming an antirachitic food. When diluted according to directions, it is essentially similar to human milk in percentages of protein, fat, carbohydrate and ash, in chemical constants of the fat and physical properties.



**S. M. A. CORPORATION • 8100 McCORMICK BOULEVARD • CHICAGO, ILLINOIS**



## WHAT IS REQUIRED OF AN ANTISEPTIC?

● The two cardinal virtues of a good antiseptic, bactericidal potency and lack of toxicity, are exhibited by 'S.T. 37' Antiseptic Solution to a marked degree.

This outstanding preparation, used clinically for more than twelve years, is not only highly bactericidal and clinically non-toxic, but exerts a soothing local analgesic effect as well.

The low surface tension of 'S.T. 37' Antiseptic Solution increases its effectiveness by making possible the penetration of minute tissue spaces, and, since the preparation evaporates rather slowly, its action is prolonged for destruction of

resistant organisms.

'S.T. 37' Antiseptic Solution (1:1000 solution of 'Caprokol' hexylresorcinol) is not only an efficient surgical antiseptic but has proved particularly useful in the prevention or treatment of infection and relief of pain associated with minor cuts, burns and abrasions.

Moreover, it is oil-free, and may therefore be applied to the respiratory epithelium without danger of producing lipid pneumonia.

Finally, 'S.T. 37' Antiseptic Solution is odorless and colorless, and can be safely swallowed in full strength. Supplied in bottles of 5 and 12 fluidounces.



**'S.T. 37' ANTISEPTIC SOLUTION**

*Sharp & Dohme*  
PHILADELPHIA

# MEMO FROM THE EDITOR...



● We want to use this page this month to answer some of the questions which have been coming in in volume to our Reader Service Editor—questions which many of you who have not written us may be asking too:

*What is "streamlined" nursing?* That term has been used lately to describe the accelerated undergraduate nursing courses recommended by the Subcommittee on Nursing. These courses, running 24, 28, or 30 months, depending on individual circumstances, were suggested as a means of relieving shortages in civilian hospitals and to speed up the release of graduate nurses for military service.

*Why must we continue to fill out questionnaires and take part in nursing surveys?* The Government has no other way of evaluating nurse-availability. It is relatively simple to figure out that civilian hospitals and health services need so many professional nurses in addition to those required by the armed forces. But unless nurses report, at frequent intervals, where they are and what they are doing it is almost impossible to see how the nation's needs as a whole are being met.

*Are nurses going to be drafted?* Not so long as the voluntary method of enrollment in the military services continues to produce nurses in necessary quantity. So far the program has been

slow; both Army and Navy still need enrollees—some 2,500 a month for the Army, 500 a month for the Navy. But voluntary enrollment is still far from failure. New recruitment methods, red-tape cutting devices, more effective publicity promised for the year ahead, suggest that most quotas will be met.

*What is "That They Might Live"?* A new half-hour radio program, on the Red Network of N.B.C. every Sunday at 12:30 P.M. Announcements point out the need for nurses and an original radio play dramatizes some phase of nursing in which shortages must be met. Four-star talent has been used in writing and casting; tone is successfully professional but not stuffy. The program is part of the national publicity drive of the Red Cross.

*What is the highest rank a nurse may attain in the Navy?* Until recently, Lieutenant Commander; now by new order, Captain. The head of the Navy Nurse Corps, Sue Dauser, now wears four gold stripes on her sleeve, has the distinction of being the first and only woman so honored.

*How does one become a nurse with the Air Force?* Apply exactly as you would to join the Army Nurse Corps, but specify you wish service with the A.A.F. Communicate with your local Red Cross recruitment center, or write Gertrude Banfield, American Red Cross, Washington, D.C. Majority of Air Force nurses will serve in flying-field hospitals; a very few with unusual background and special training may on request be assigned to aerial evacuation units.—D.S.



# RN

## LOOKS AT LATIN AMERICA, II



● From the cockpit of an Army bomber, Puerto Rico looks like a giant golden anthill set in an azure sea. The illusion is enhanced by the antlike activity that is the first thing to be noticed on alighting at Borinquen Field. The golden part comes later, on arrival at San Juan. The capitol is gripped in the fever of newfound prosperity. Even *jibaros*—peasants whose earnings averaged under forty cents a day until Uncle Sam started being a real uncle to his erstwhile stepchild of the Caribbean—talk of “projects” costing “millions.” As you survey the bustling streets, a cloud of white-capped nurses drifts by—“the WPA,” you are told. San Juan sounds and seems like New Deal Washington transferred to the tropics—and, in a sense, it is. For between \$50,000,000 and \$75,000,000—(“Nobody knows the exact figure,” confided one official, “but what’s a few million more or less?”)—are being poured into Puerto Rico to prime the pump of the island’s war effort.

In this openhanded atmosphere, it is perhaps not surprising to encounter Rexford G. Tugwell. Back in the Brain

Trust’s gilded age, he was known as a prince of spenders among competitors who were called everything but tight-fisted. The treasury is at his disposal, and the outward indications are that he is disposing of it in the manner to which years as a Presidential advisor have helped him become accustomed.

All of which might be a headline that passes in the night for nurses—were it not for one outstanding fact:

The “Nurses Wanted” sign is hanging from Puerto Rico’s palm trees. Nurses are needed for the Army aerie atop Borinquen’s yellow cliffs; for the pursuit stations at Ponce on the southern shore; for the half-dozen flying fields being carved out of the jade-green jungle. They are needed to care for the multiplying thousands of fighting men streaming into American bases, as well as to staff the dispensaries of the plantations producing the sugar you are not getting in your single cup of coffee these mornings but which is a vital ingredient for Victory. They will be needed at the Navy drydock under construction at Isla Grande, and at the \$35,000,000 anchorage being rushed to comple-

# Island

By E. Sanchez Ortiz

tion at Vieques. As time goes on, and Uncle Sam carries through his plans for converting this once-neglected possession into a Gibraltar of the West, the demand for nursing services in Puerto Rico can be expected to rise proportionately.

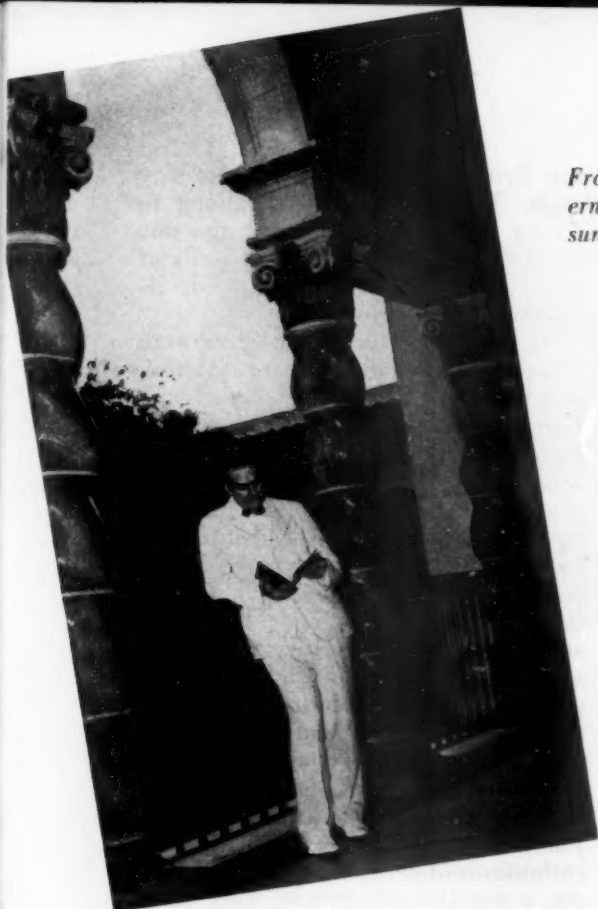
This is no ordinary wartime boom. Side by side with the mounting military activity, a huge civilian health program is unfolding. The story of this development begins the day a group of government officials stepped off the Clipper in San Juan harbor. Greeting them was the smell of steaming garbage. Surrounding sites for new naval bases were foul slums—focal points for infections spreading through the interior. In some villages, they couldn't find a single inhabitant without malaria. Everywhere they went infants were dying at an average annual rate of 113.4 per 1,000 live births—quadruple the toll in the mother country. Yet, despite this check on population, they learned that Puerto Rico is—next to Java—the most densely-settled region on earth. The officials didn't like these things. Still less did they like the *Falange*\* flags they

saw flying over so many of these sore spots. Their advice, passed along to bosses back home, was that the one stone certain to kill these two birds of evil was an American-sponsored, island-wide health project.

Apart from actual need, there were plenty of reasons why such a suggestion should fall on willing Washington ears. Foremost were strategic considerations. Puerto Rico is the key to the defense of a substantial segment of Latin America. Midway between Miami and Panama, the largest of the Lesser Antilles, it looms as a formidable barrier in the path of any attempted attack on the Atlantic side of the Canal Zone. With Nazi submarines reported swarming in this sea, the United States simply cannot afford a hostile population in this potential danger-area. And uncontrolled disease, encouraged by appalling sanitary conditions, has long constituted a potent source of discontent among the Puerto Rican populace. But behind the enthusiasm of certain political bigwigs was a less altruistic motive. Ever since the frustration of efforts to introduce socialized medicine into the United States, its sponsors have been hunting a testing-ground for their theories. Puerto Rico appears to them the ideal guinea-pig for this purpose.

Indeed, from a political viewpoint, no better site could be selected in this hemisphere. An "organized but unincorporated territory," the island is wholly under Washington's thumb. United resistance from the medical profession—a discouraging obstacle to socialized-medicine promoters in the United States—cannot exist in this colony; no less than 214 of its 477 physicians draw government pay checks. The Resident Commissioner himself cannot voice more than a token protest; while he sits in the U.S. House of Representatives, he is not allowed to

\*A pro-Fascist movement whose roots go back to Franco's Spain and which reaches deeply into Latin America. The local definition is curt but apt: "Hitlerism in a Spanish shawl."



Press Assoc.

*From Puerto Rico's present riches, Governor Rexford G. Tugwell will allot a fat sum to the Island's health program.*

vote. Other authorities—from the Governor down through the Supreme Court Justices, Education Commissioner, and Attorney General—are appointed from the White House. The elected legislature alone might furnish opposition—were its members not seduced by the sight of the movement's silvery wake. Like the majority of their constituents, they feel that King *Dinero* can do no wrong—and may do some good.

So far as nursing facilities are concerned, Puerto Rico possesses a fair foundation for the proposed expansion. It has nine approved nursing schools, which offer three-year courses. First-class postgraduate training is provided by a School of Tropical Medicine, functioning under the joint supervision of Colombia and Puerto Rico Universities. A project to launch a new nursing school at the University of Puerto Rico

is now under way. In all, the territory can muster 1,112 R.N.'s—of whom about 300 are American. Unlike most Latin-American countries, Puerto Rico can boast a subsidiary of the American Nurses' Association, although only about one-quarter of those eligible belong to it. The association is now raising funds for a *Casa de la Enfermera*—a building which will serve as its headquarters as well as a general meeting-place for nurses.

The hospital situation is less favorable. A scant 6,000 beds are available for the 2,000,000 population. Aware what this would mean in the event of mass bombing or invasion, the authorities are frantically seeking an acceptable method of plugging this breach in their medical defense. Those devised so far are frankly termed "not satisfactory" by the Puerto Rico Hospital Association. Dr. Oscar Costa Mandry, chairman of the Medical Service Committee on Civilian Defense, blames the trouble on lack of resources. Washington, however, believes the hospital problem can be at least partially remedied by hospitalization insurance. To this end, the local legislature has authorized foundation of a hospital insurance plan. Its details are being worked out by C. Rufus Rorem, the American Hospital Association's expert. Rorem's services were loaned to Puerto Rico at the request of Governor Tugwell, who wrote the Association: "The plan will directly alleviate conditions militating against successful prosecution of the war effort." The Administration asserts that the set-up will be "similar" to those in the United States. Local nurses nevertheless are convinced that it will differ in this respect: it will be government-controlled, along lines recently marked out for such plans by the Social Se-

curity Board. Instead of its being modeled on American plans, they think future American plans may be modeled on it!

In constructing the health program, the government has utilized many standard New Deal techniques. A preliminary move was extension of Titles V and VI of the Social Security Act to the island. Another has been the flooding of newspapers, magazines, radio, and schools with propaganda designed to "educate" the natives to the "need" of the services being prepared for them. A third is importation of American university professors to serve as "project-planners." Fourth, the legislature has been set to rubberstamping the various legislative pieces expected to dovetail into the final, all-embracing pattern. One of the most important of these bills appropriates an annual \$700,000 for a "medical-service division" within the Health Department. Correctly or not, this is viewed by resident medical men as the entering wedge for a government bureau which will take over what remains of their private practice.

Whatever the experiment's therapeutic results—nursing opinion is divided on this point—the island's nurses are almost unanimous in the conviction that it will transform Puerto Rico into a tropical paradise for job-hunters. Already it's evident that the mushroom-

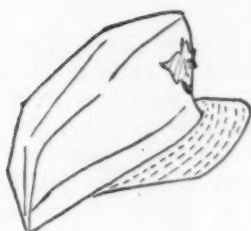
ing medical agencies will absorb more nurses than the eighty yearly graduates Puerto Ricans schools can supply. Neither are there other local sources that can be called upon for aid. At present, the entire reserve consist of thirteen qualified nurses—including seven Americans. Twenty-eight others might be obtained from a second list, in the estimation of Katherine Logan, senior nursing supervisor of the Health Department. At best, this gives Puerto Rico a grand total of forty-one reservists! On the basis of the above statistics, it is prophesied that importation of nurses from the American mainland will soon be a practical necessity.

To a degree, this has already happened in the case of base hospitals and camps. The number of nurses assigned to this duty is, to be sure, a military secret. Nevertheless, it is known to be large—and swelling monthly. Some intimation of the rate of increase can be guessed from the growth of the island's garrison from 900 to 16,000 in the months between March, 1940 and February, 1941; the supposition being that the nursing forces were boosted in the same ratio. Military chieftains, moreover, freely confess to a "nursing shortage" for their needs. They claim that they have had to draft the *majority* of their nurses from regular Army and Navy ranks. [Continued on page 46]

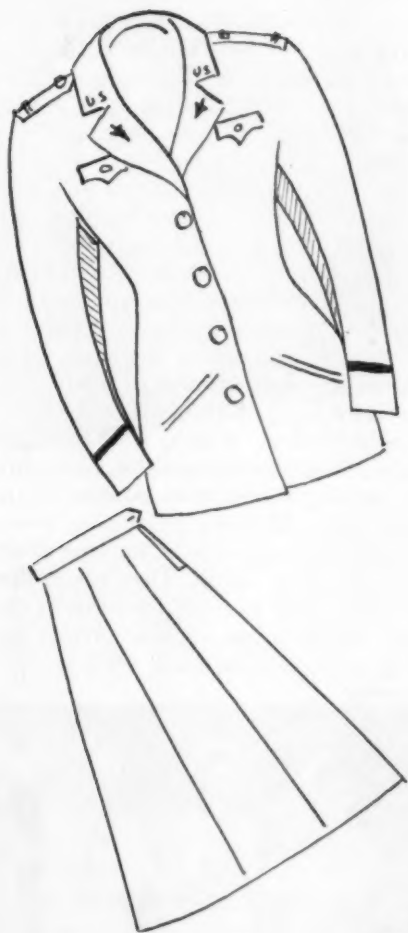
Courtesy of Caribbean Sentinel

U.S. Army nurses at Station Hospital, San Juan, led the entire A.N.C. as war bond subscribers.





## DESIGNED FOR



Logan

*Above: Olive drab field uniform and hat are restyled in smart new lines. Hat carries U.S. Army officer's insignia.*

*Opposite: Duty uniform ties to fit individual figure. Note big utility pocket.*

• While civilian designers of women's apparel are tearing their hair over government restrictions on fabrics and styling, the Quartermaster Corps of the United States Army has completely revised the uniform issue of the Army nurse, putting her close to the top of the nation's list of Best Dressed Women. The new issue will be released for nurses going overseas about July first; for those in domestic service the uniforms will not be issued until September.

Now that the style is to be changed we can let down our back hair and admit what we really think of the present issue. Army nurse or no, no woman with an interest in clothes could be too satisfied with the A.N.C. garb, as originally issued. For field uniform the two shades of blue were not always a happy combination; the dark fabric showed every speck of lint; the cut of the jacket might have been all right for a size twelve but was anything but flattering to the larger figure. As for the overseas cap in navy blue—well, have you ever seen a plain, average woman look her best in this type of headgear?

All that's a thing of the past now, however. For, for the first time, America's top-flight fashion experts have turned their talents toward creating dress and work uniforms to meet the specific war needs of nurses.

Dorothy Shaver, first vice-president of Lord & Taylor, New York, and general consultant on women's uniforms to the Office of the Quartermaster General, and a staff of trained stylists are re-



# R NURSING

BY DOROTHY SUTHERLAND

sponsible for the new design. Her, objectives, she says, were: "To provide greatest usefulness in all conditions and climates with minimum duplication, simplest handling requirements, and most becoming lines..."

We saw the new issue at a preview showing held the last week in January at one of New York City's hotels. The uniforms are ingenious and stunning! The tailoring has been done with the feminine figure in mind, the lines are good, the fabrics excellent, and each garment may be cared for and packed with great economy. The styling innovations, in fact, are so good and so new that they will undoubtedly influence civilian fashions. Somebody ought to send a rousing vote of thanks to Dorothy Shaver and her helpers!

Most radical change is the shift from blue to olive drab for the two-piece dress uniform. The new dress uniform is made of officer's barathea cloth in dark olive drab. The jacket is worn without a belt and with the regulation insignia of the nurse's rank. It has several new style features: shorter lapels which eliminate bulkiness across the bosom; false breast pockets placed high; diagonal inverted pockets at the hips. The jacket is four-buttoned, single-breasted, and nipped in gracefully at the waist, as shown in the illustration. It is worn with a six-gored skirt designed to hang gracefully.

A new dress hat has been designed (see illustrations) which improves the basic lines of the beige dress hat which

was regulation for summer or tropical wear last year. The cap is soft and feminine with a becoming up-swept line in the front and a smart stitched visor. For the best effect it should be worn "straight on" (not at an angle), and is flattering to the wearer regardless of hair-do.

Over the dress uniform Army nurses will wear a re-styled trench coat of water-repellent, wind-resistant poplin, with a removable lamb's wool lining of knitted fabric. The coat is light olive drab



and the lining rich brown. (The lining, incidentally, when removed from the coat, does double duty as a dressing gown. It has its own patch pockets, satin trimmed lapels, buttons, and air-vent sleeves!) A detachable hood comes with the overcoat for protection in bad weather.

A serviceable and well-fitting oxford of russet leather and light beige stockings are worn with the dress uniform. Other accessories include tan shirt, tie, and tan wool muffler; russet capeskin gloves with free-action fingers; tan wool gloves for cold weather; and a large envelope-type russet sealskin handbag (fitted inside with all sorts of convenient pockets suggested by nurses now in action). The handbag has a snapped-on shoulder strap and may be worn over the shoulder or carried under the arm, depending on individual preference.

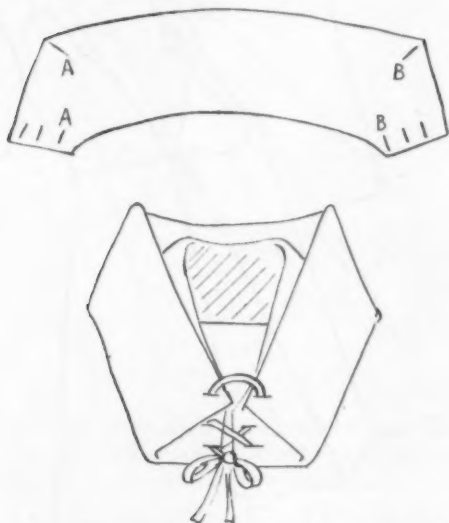
Brace yourselves for this one: The duty uniforms are *completely* restyled. The only place you've seen anything like them before is in the sportswear departments of the best stores. In fact, the design is an adaptation of a sports dress. It has no buttons, no hooks or

snap. Based on the wrap-around pattern, the duty dress ties at the side, underneath, automatically adjusting to any size or body contour. A tie belt goes around the waist on the outside, also adjustable to the individual figure. The graceful, lapelled collar folds into a modification of the popular "plunging" neckline at the throat. There are two false pockets to give a pleasing horizontal line at the bosom (see illustrations) and a large patch pocket below the waist to hold handkerchief, thermometer, pen, and other paraphernalia. For overseas duty in field hospitals the duty uniform comes in white seersucker with a brown pin stripe. It is made up in white poplin for duty in Army hospitals at home.

The Army duty cap has been restyled too. Cut from one piece of material, it has eyelets at each end, falls by one simple fold into the shape of a hospital cap, and is fastened by lacing. It is to be worn in matching fabric—brown and white seersucker for overseas, white poplin for home. (It is illustrated elsewhere on this page.)

Imagine the convenience of this new duty outfit—easy to launder, no buttons or studs to lose, minimum pressing time required for freshness! White duty shoes will be worn with the poplin uniform and cap, brown with the seersucker. An O.D. barathra cloth cape, with new full sweep, completes the outfit.

For what Army terminology calls "advanced zones of theatre of operations" there is a one-piece heavy duty trouser suit of light olive drab herringbone twill, similar to the heavy duty suits worn by soldiers. The fabric has been impregnated against gas or chemical warfare and it is ingeniously constructed so that no part of the nurse's skin may be exposed to injurious substances at any time. This suit is worn with high, russet calf comfort shoes (nurses asked for them after plodding through mud, and jungle), and canvas leggings. [Continued on page 44]



Duty cap folds from A to A and B to B, then laces into shape.

# VIRUS PNEUMONIA

*On the heels of recent A.M.A. discussion, comes this R.N. report on virus pneumonia, now a reportable communicable disease.*



• Everything has been going more or less smoothly in the classification of pneumonia in terms of the bacterial agents responsible for the different types of the disease. The organisms of bacteria-caused pneumonia can usually be demonstrated in the sputum or from nasopharyngeal cultures, and the clinical and X-ray pictures are well defined. The sulfa compounds, good medical and nursing care, have done wonders in reducing the mortality rate. Yes, the pneumonia situation was and is well in hand. But for the past eight years a cloud no bigger than a man's fist has formed to complicate matters. It seems that there has been an increasing number of reports regarding a new type of pneumonia, called virus pneumonia, atypical pneumonia, or pneumonitis. An announcement from the office of Dr. Ernest L. Stebbins, the Health Commissioner of New York, makes this atypical pneumonia a reportable communicable disease.

What is this virus (or atypical) pneumonia, and how does it differ from the other pneumonias we know? First, it is a disease caused by a virus, the same type of organism which is supposed to bring on the common cold, and not by the usual streptococcic, staphylococcic, or pneumococcic agents. It is not lobar or bronchial in location. And the disease responds hardly at all to treatment

with sulfanilamide or the other sulfa drugs.

Dr. Stebbins contends that many cases of virus pneumonia have gone unrecognized or have been considered an ordinary grippe, or one of the other common respiratory infections, due to their mildness.

However, while a great number of the mild type of virus pneumonia cases may be encountered, there is also a moderately severe form of the disease, and a really serious form which has been fatal in some patients. Dr. Warfield T. Longscope studied forty cases of this atypical pneumonia and finds that the mild cases are rarely ill for more than a few days with a harassing and non-productive cough the chief cause of discomfort. Following the pattern of other virus infections there is usually a biphasic rise and fall of body temperature. Length of disease: somewhere between 5 to 6 days, unless exacerbation ensues, which may add another 6 to 10 days. Although X-rays of the lungs may show mottled densities, chest examination reveals no abnormalities. The last few days may result in explosive rales over the site of roentgenogram clouds. Convalescence is rapid, complications rare.

Patients afflicted with the moderately severe form of virus pneumonia may show extended [Continued on page 44]



1



2



3

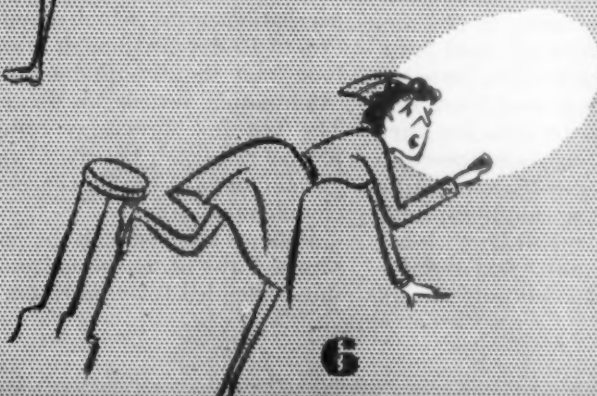


4

**"NIGHT**



5

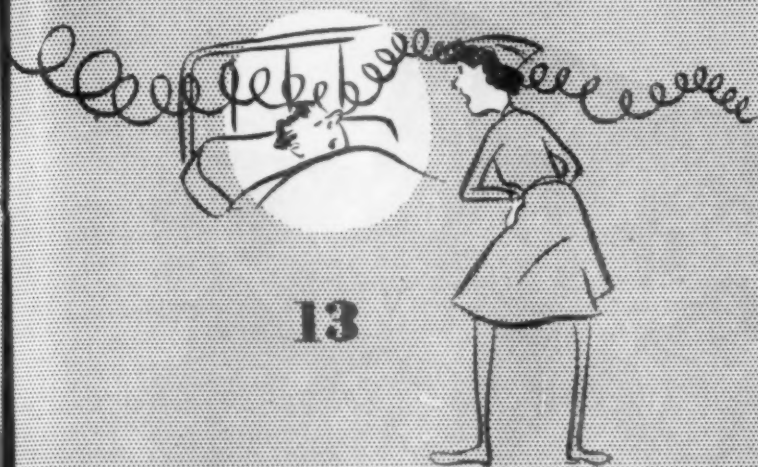


6



7





13



12

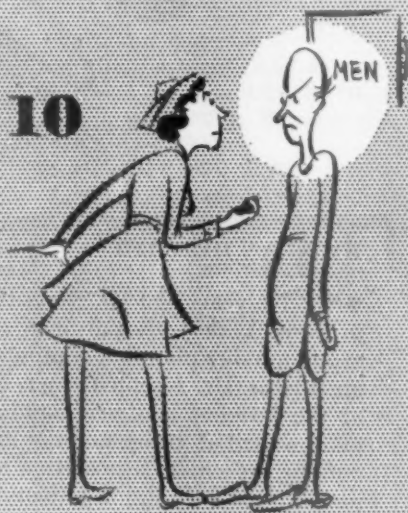
WARD A  
←

11



WARD B  
→

10



T WATCH"



8



9

*Ed Brown*





Press Assoc.

# Group Nursing

BY JEAN DE WITT

● Twelve years ago Mt. Sinai Hospital in New York City put into effect a group nursing plan that continues to go great guns. Dr. Joseph Turner, director of the hospital and originator of the plan, says that group nursing itself "is nothing more than a provision of nursing care for a group of patients by one or more nurses. But the group nursing plan [in effect at Mt. Sinai] refers entirely to nursing by graduate nurses who are employed solely for this purpose, who are assigned to patients in restricted semi-private wards during certain periods, and who have no other duties whatsoever . . ."

In the light of the current nurse shortage and with the prospect of private duty nursing being rationed only to acutely ill patients, Mt. Sinai's ex-

periment appears to have been brilliantly prophetic.

"It is the responsibility of each institution to survey its own nursing needs and to study its administrative policies at frequent intervals," says the National Nursing Council for War Service in its new publication, "Priorities for Nurses." In making specific recommendations for the private duty group, the bulletin suggests that: "Provision be made for group nursing (one nurse caring for two or more hospital patients) and for hourly appointment nursing service in homes."

Administrators contemplating adopting a group nursing program might well examine its splendid operation at Mt. Sinai. Cooperation lies at the root of its success—cooperation among hos-

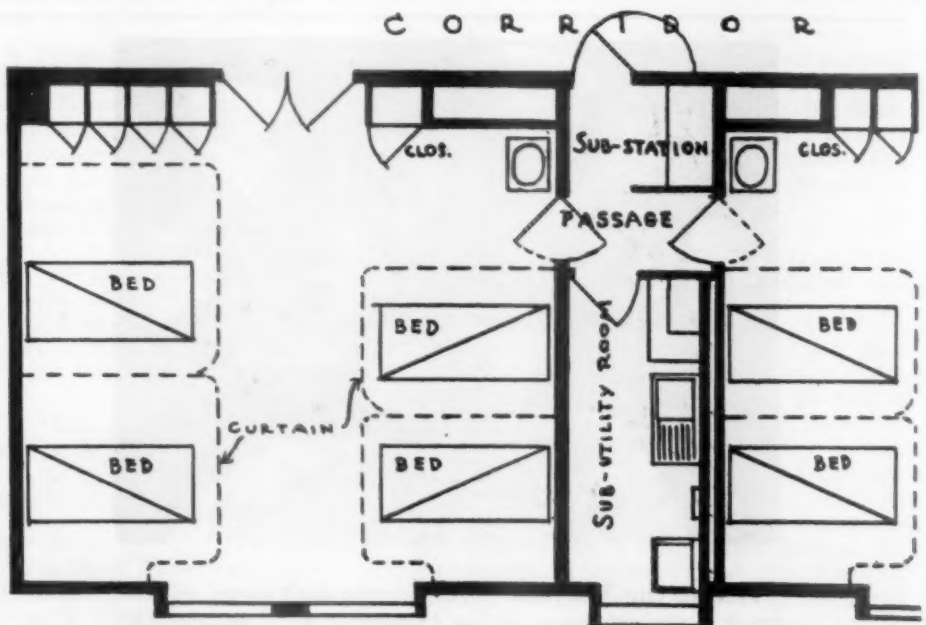
pital authorities, patients, and the nurses, themselves.

"First of all, the physical set-up is vitally important," claims Dr. Turner. Each of five floors in the semi-private pavilion has three sets of four-bed wards, or six large rooms specifically designed for group nursing. A pair of rooms is separated by a subutility room and a nurses' substation. The former is well-equipped with cupboard space, utility sink with drain board, shelf cabinet, built-in bedpan washer, bedpan racks, hopper sink, gas stove, and electrical outlets. One large central service unit supplements facilities and supplies contained in these subutility rooms. From the adjoining nurses' substation, which has desks, chart-racks, medicine cabinet, etc., doors open into the hall and the two four-bed wards. The patients' rooms are 21x17 feet, each bed in a cubicle separated by curtains. In addition to four built-in lockers for clothing, is a closet for linen and other nursing supplies frequently used.

Except for those carefully planned units the rest of the floor is similar in arrangement to that of most hospitals with a central nurses' station, separate or "quiet" rooms, linen closets, visitors' reception room, treatment room, and pantry. The units themselves, are quite adaptable to any regular form of nursing service.

When Dr. Turner was considering the adoption of group nursing, he asked Elizabeth A. Greener, then superintendent of nurses at Mt. Sinai, to assist in planning the nurses' schedules for the proposed innovation. Careful consideration was given to the following plan which has worked out successfully.

Eight nurses serve the eight patients in the unit over a twenty-four hour period. From seven A.M. to three P.M. four nurses are on duty; from three P.M. to eleven P.M. (a period including visiting hours and only one meal) two nurses care for the eight patients, and again two nurses cover night duty from eleven P.M. to seven A.M. Because the



*This diagram shows three-fourths of the eight-bed group nursing unit. Mt. Sinai emphasizes the importance of physical setup for success.*

group nurses are on a six-day week, relief is required for the four eight-hour periods on the seventh day. Nurses relieve each other at meal times so there is no interval during the day or night when the eight-bed unit is without an R.N. in attendance.

The charge to patients is \$7.00 for twenty-four hour care, of which the nurse receives \$6.00, the hospital \$1.00. In addition, the nurse gets two meals, but no residence or laundry allotment. And she has no vacation period with pay. This is a non-profit plan for the hospital, and officials at Mt. Sinai estimate they just about break even. If there are only three patients in a four-bed room, for example, the number of nurses cannot be reduced and there is consequent loss to the hospital. When all beds are occupied there is a small profit to the institution which is charged against periods when there is a loss.

Consideration was given to the fact that convalescent patients would no longer require or wish the group nurs-

ing service. Beds and bedside tables are mobile, set on rolling casters, and the doors and corridors are wide enough to permit easy transfer from one room to another. When a patient specifies that he wishes to forego the special nursing, he is merely rolled to another room and a newcomer arrives to take his place. An incidental advantage of the rolling beds and wide doorways is that patients may be wheeled out to the spacious sunporch overlooking Central Park.

Grace Warman, director of nurses at Mt. Sinai, is as enthusiastic as Dr. Turner about the advantages of group nursing.

"It combines the steady employment of staff nursing with the more concentrated bedside care of private duty," she says. "Because she has a variety of cases, the group nurse keeps on her toes professionally and never suffers the boredom that occasionally besets even the best private nurse."

Miss Warman [*Continued on page 64*]



Press. Assoc.

**"Telling the Marines."** Navy nurses don't spend all their hours in the sick room. At San Francisco's naval hospital they create festivities for gallant convalescent marines. Above: Aileen Murphy and Irene Carlson.

# "Ask Miss Torrop"



BY HILDA TORROP, R.N.

*[Have you a personal-professional problem to be solved? Hilda Torrop is an expert on personal adequacy and vocational problems. She'll be glad to answer questions similar to those which have been published so far. No names will be used, so don't hesitate to write in for advice.—THE EDITORS.]*

**Q.** I would like to get some information in regard to joining the Army Nurse Corps. I have tried to get into the army but the age limit is forty and I am forty-four years old. The school of which I am a graduate has no hospital unit. Any information you can give me in regard to the matter will be greatly appreciated.

**A.** At present the Army Nurse Corps is taking nurses up to forty-five years of age. Write to the American Red Cross Nursing Service, Washington, D.C., for full information.

**Q.** Will you please let me know whether or not the freezing of salaries applies to nurses who work in a doctor's office or clinic?

**A.** It is my understanding that the present interpretation of salary freezing regulations forbids a raise in salary if it is given solely to keep the worker from moving to a more remunerative position or because of a personal re-

sponsibility such as a new baby in the family. A raise is quite in order when given for additional responsibility assumed on the job or when length of service would ordinarily bring a raise. If there was an understanding between you and your employer relative to this, I believe that it should be given.

**Q.** During the year 1942 I didn't receive my state and A.N.A. registration cards although I did receive my local alumnae registration card. To whom should I write for information concerning my '43 registration cards? Can you tell me how to go about enrolling for the Red Cross?

**A.** Write to the secretary of the district in the State Nurses Association to which you belong and to the local chapter of the American Red Cross.

**Q.** I am a registered nurse, widowed two years. Am now self-supporting and have no dependents. I have had to have some X-ray treatment for sinusitis, my hospital from which I graduated being the place I received treatment. The custom is to give 50 per cent discount to single self-supporting nurses, 25 per cent to married nurses, 10 per cent to outside graduates. Should I not be classified in single status, as I am widowed and earning my own living?"

**A.** The implication behind the classification set up by the hospital you mention would seem to be that a married woman has additional means of support apart from her possible earnings. In the case of the widow, she too may have been left with sufficient funds so that her financial status will remain unchanged. Each case would have to be considered separately and since this hospital is the one from whose school of nursing you graduated, it should not be difficult to establish your need of assistance.



## YOUR WARTIME BUDGET

MARIAN CAMPBELL, R.N.

● We have it on excellent authority that, on or about March 15th, the gremlins are quitting the Fortresses, the Tommyhawks, the Marauders, and the British Spitfires to highjink around in our pocketbooks, checking accounts, and even in our pig-banks. Our same indisputable sources claim there's just one defense against these mercenary gremlins, and that's a budget.

Now to most people, and nurses are no exception, a budget is all right as an *adjective*—budget shop, budget lunch, budget hat—but when it's a *noun* it better belong to someone else. Maybe the supervisor in orthopedics wants to spend her off-duty P.M.'s bisecting parallel lines with arabic numerals and borrowing from *Miscellaneous* to pay *Food*, but not us. Well, anyway, that's what we said last year.

After a losing battle with our pre-war convictions, we decided there was no way of dodging death or Mr. Morgenthau so boned up on budgeting. Diligent research led us to a plump little bulletin that had all the answers.\* The

authors apparently just *love* to budget and, by the time we had finished page 143, we—the cynics—liked it fine ourselves!

Make your budget simple, they say, and interesting, with the objectives in mind of having rewards for your effort not punishment. Design it for yourself alone and make it fit your plan of life as neatly as plaster fits a femur. Because some self-styled expert says you should allocate 10 per cent of your income to *Savings*, don't feel guilty if you save only 5. Maybe the quarters you spend on bundles for bombardiers are more essential to the pursuit of happiness than an ample annuity.

Primarily—a simple, elastic budget gives you an overall view of your financial status, teaches you in the bright light of the past not to be overly pessimistic or optimistic about the future. While you may blush over one pay day's indiscretion, you may regain your

\**How to Make Your Budget Balance*, by E. C. Harwood and Helen Fowle. Published at \$1.00 by the American Institute for Economic Research, 54 Dunster St., Harvard Sq., Cambridge, Mass.



self-respect by looking at another's wise restraint. At least you can stop fooling yourself and, as the booklet phrases it, "learn the financial facts of life."

You begin by estimating your annual income and, if possible, breaking that down into your average monthly income. Underestimate that income figure, rather than overestimate, especially if you're the imaginative type who just *knows* that cardiac Croesus named you in his will. Chances are he'll marry again or outlive you.

Then comes the hard work. Dig back in your receipted checks or your memory and try to recall what you spent last year. Estimate your probable monthly expenditures for *this* year under your chosen budget categories. And, if you are not already cognizant of what your probable taxations will be, consult some reliable source. Taxes and war bond purchases for the duration deserve the dignity of a special category in everyone's budget. (The gremlins have their eyes on just that spot!)

Suggested classifications in our mentor, "*How to Make Your Budget Balance*," are:

1. Food
2. The Home
3. Clothing
4. Personal Allowances
5. Transportation, including automobile
6. Insurance, Personal Taxes, Savings, and Investments
7. Miscellaneous

Our only quarrel is with the sixth group which, as we have already said, might better be divided so that taxes and bond savings each have their separate allotment.

If you follow this form, you now have nine categories to record in any type budget book or sheet you wish. It's up to you how much further you want to break down the major headings. For example, *Food* could have the subclassifications of: Meat, Groceries, Vegetables, Dairy Products, etc. *The Home*

could include: Furniture, Repairs, Cleaning, Equipment, ad infinitum.

The next step is to go out to a hair-raising movie or to write a V-mail letter to your best beau, foaming with fun and frivolity and *not* mentioning the stern reality of the embryo budget. There are subtler ways of breaking it to him when he returns to the fold.

After considerable refreshment, bring a sharp brain and pencil (an adding machine if you can crib one) to the task of adding up your anticipated expenditures for each of the coming months under their appropriate classifications. Undoubtedly, they will top your income and you'll have to run down to the corner for more refreshment. But after several sessions of paring and slashing you will find that you have made enough theoretical deductions so that allotments and income fit like a surgical glove. Large sheets of paper, shirt cardboards, or standard budget books may be used for this intimate recording of your private life—or, for twenty-five cents, you may obtain a copy of "*The Rubber Budget Book*"—based on this system—from the Institute whose address is listed in the previous footnote.

Unless you're a decided individualist, it is best to record your major classifications in columns across the top of the page with the dates of expenditures listed down the left margin. It is not necessary to insert every day in the month. Our professional, but very understanding authors say, "... the vital point is not *when* the money was spent but the fact that it *was* spent." They also allow you leeway in entering your expenditures—to the nearest five or ten cents, for ease in summing up. Instead of jotting down \$1.43, make it \$1.45 or, if you've splurged to the extent of spending \$9.71, record \$9.70. You'll find it practically evens up in the end and saves pencil chewing.

When, at the end of the month, you add up totals and see that you have exceeded the amount originally allotted,

just carry the excess amount over to the next month with a minus sign attached. And, because this is a rubber budget and admits of considerable manipulation, in making out your allotments for the month ahead, plan them with the "brought forward" plus or minus balance in mind. When a large expenditure—a winter coat, for instance—has been made, it is reasonable to expect a minus balance for several months under your *Clothing* category.

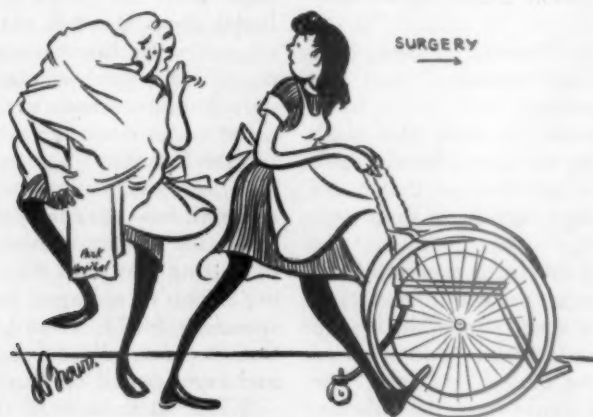
If you live in an institution, you will not be concerned with food and the maintenance of a home as major groupings on your budget sheet. For most individuals and families, these are the principle items. The Bureau of Labor Statistics of the U.S. Department of Labor with the aid of the Works Progress Administration have worked out simple charts, based on actual expenditures of families of varying sizes and income for all the budget categories listed in this booklet. The bulletin, itself, is illustrated by these graphic charts, giving thrifty, average, and extravagant allotments according to various incomes for the budget classifications. A single adult, for example, with

an income of \$150 per month will eat thriftily at \$30, normally at \$40, and extravagantly at \$52, also per month. (These data were compiled before the war and present higher prices should be taken into consideration if they are used as a guide.) If you find that you're in the extravagant class, try weekend-ing with your friends—but don't forget your ration book! Better still, buy a *budget cook book*.

If you are not living in a hospital residence *The Home* and its upkeep should set you back about \$32 a month if you're in the \$150 salary bracket and live according to the average. By the same token, clothing should slice approximately \$15 monthly off your total income; personal allowances—which include gifts, cosmetics, a beauty parlor's ministrations, magazines, cigarettes, and all the other indulgences the flesh is heir to—should consume only \$9 a month. (Cogitating on past orgies at beauty salons and similar revelry, we think the budgeters cheated a little on this one!)

Now the allowances for *Transportation, Including Automobile*, might very well in this year [Continued on page 62]

## PROBIE



"Going my way?"



79 Searle Street  
Cambridge, England  
(Date censored) 1942

Dear Editor:

● This is being written during a night air raid and my clock tells me it is five minutes to three. The rest of the household is awake but still in bed. After my experiences in the London blitz I am unable to go to bed during a raid. At intervals I put out the light, draw aside the blackout curtains, and gaze at the sky. I hear the thunder of planes racing across but cannot see them, although the moon is flooding the street and houses with a silvery light. Numerous searchlights seek the planes and follow their course with uncanny precision. Occasionally the guns roar and flashes from them light up the street. Again all is quiet and I secure the curtains, switch on the light, and resume my letter to you.

This weekend I went to Leicester where a pageant of the history of nursing was being performed by the student nurses of the various hospitals. Miss F. M. Hughes, matron of The Royal Infirmary, wrote the dialogue. Music was provided by the nurses and a choir was augmented by high school girls and choristers from Leicester Cathedral and St. Peter's Church. The latter wore the traditional scarlet and purple cassocks with ruffs round the neck. Many distinguished personalities of the nursing world were present including Miss K. Watt, Matron-in-Chief of the Civil Nursing Reserve at Whitehall, London, and Miss Florence Horseborough, Parliamentary Secretary to the Minister of Health. Incidentally, Miss Horseborough is the first woman to

hold this eminent appointment.

The audience consisted mainly of school girls. The pageant opened with the vestal virgins serving in the temple of Aesculapius and also tending the sick. As the drama unfolded I watched the faces of the girls. They sat enthralled and inspired. I feel sure that as a recruiting medium for nurses, this pageant will have lit the spark of vocation as nothing else could have done. Some of your readers may have witnessed the pageant given at the Scala Theatre in London during the year the International Conference was held there. I am not ashamed to confess that there was a lump in my throat and tears in my eyes as I watched on that occasion. This war has forcibly demonstrated that the same spirit of heroic self-sacrifice and high endeavor still inspires our profession, for nurses have suffered terribly in the night raids all over the country.

Later, I am hoping to run a concert at our local theatre in order to raise funds to assist those nurses in the Eastern region who have been so terribly injured and distressed in the raids. A friend of mine—a ballerina—who has danced in all the capitols of Europe has promised to give her services free and to bring some fellow artists. This is the same lady of whom I wrote to you before, who danced in the London shelters during the worst period of the blitz. . .

November 11, 1942

. . . I expect you will have seen in the daily press that the church bells were rung throughout Britain to celebrate the great Allied victory in Africa and as an expression of [Continued on page 54]

## WHEN FATS ARE

● Fats (soon to be rationed) aid the art of cookery by adding flavor to a meal. They impart a pleasant flavor to dishes, give a smooth texture to salad dressings, increase the crisp brown of meats, make pastries flakier, and cakes more tender. They also have a high satiety value and when included in a meal, in reasonable proportions, are credited with "sticking to the ribs."

Apart from fats and oils as such we also receive good quotas from a wide number of foods. Cream and fat meats contain a large proportion, but all meats have considerable fat, and nuts, chocolate, cheese, egg yolks, avocado pears, and olives have large amounts. When cereals contain the germ, notably corn meal, they too have high fat content.

Chemically, fats are compounds of glycerol (glycerin) and fatty acids. The term fat is applied to those substances which are soluble in ether and they are formed in plants or animals by synthesis of carbohydrates, proteins, and fats. When fatty acids combine chemically in different ways we have fats of different consistency and flavor. Fats are solid, while oils become liquid at room temperature due to the types of fatty acids which are present. They are both highly concentrated foods and have more than twice the fuel value of either carbohy-

drates or proteins. Pure fats yield 4,000 calories per pound. Most important, fats are carriers of the fat-soluble vitamins, the indispensable vitamins A and D.

Because of the high content of these fat-soluble vitamins, fish liver oils have been used as medicines, but in their natural state we must consider them as foods. While cod liver oil enjoyed almost exclusive popularity, we now know that other fish oils are also rich in these vitamins. When you buy any of these oils be sure to read the label so that you will know exactly how many units of each vitamin are found in a given product. Fats, in themselves, are also essential to nutrition because they act to conserve vitamin B in the body and also aid in preventing constipation.

Unfortunately fats and fried foods have acquired a reputation for being difficult to digest. When a normal adult eats a reasonable amount, properly cooked, there should be no difficulty. It is true that fats digest more slowly than carbohydrates and proteins and they are contraindicated in some special diets, but fat should not disturb the active healthy person. Small children, and people who live a quiet indoor life should limit their amounts of fatty meats, sauces, and rich desserts. They should use moderate amounts of butter, thin cream, bacon, and salad oils. Quite naturally the fats which are hard at body temperature take a longer time to digest and melting points differ with chemical composition. Oils are liquid at room temperature, bacon fat and butter melt below 98° F. which is approximately body temperature. The hydrogenated fats and lard melt at body temperature, beef suet is next, and lastly in line we have mutton fat with a melting point from 120° to 123° F.

More than seventy years ago Napoleon III offered a large cash prize to anyone who would produce a "palatable, appetizing, nutritious, and economical" alternate for butter. At that time the Franco-Prussian War had caused serious

*To prepare 3 lbs. of spread from 1 lb. of butter:*

- 1 lb. butter
- 1 lb. oleomargarine and coloring
- 1 cup evaporated milk
- 1 cup top milk
- 1 teaspoon salt

*Blend all together well after they have stood at room temperature to soften. Use a wooden or slotted spoon.*

# E R A T I O N E D

BY CAROLYN VALENTINE, B.S.

food shortages among the people and the medal for this fat was duly awarded. This was the forerunner of oleomargarine as we know it today. Rapid development in margarine manufacture in the last ten years has given us a worthy substitute for butter. It can be used as a nourishing spread for bread, for preparation of baked goods, as an addition to cooked vegetables, and as an ingredient of sauces.

Margarine may be made from all-vegetable or may be a combination of vegetable and animal fats. Fats are thoroughly purified and refined so that they have practically no flavor, and are then churned with ripened whole or skim milk to give the characteristic margarine flavor. Laws, both federal and state, are strict in their check on margarine manufacture and sale. Federal tax on colored margarine is ten cents a pound; on the uncolored one-fourth cent. This explains

why the coloring matter is sold separately with each package. Retail dealers also pay a federal fee of \$6 each year for the white and \$48 for the colored margarine. State taxes range from five to fifteen cents a pound and some states require a license of dealers and restaurants varying from one dollar to \$1,000 per year. It is not difficult to understand how this adds considerable cost to a normally inexpensive item.

Oleomargarine has the same energy value as butter, but it does not contain vitamin A unless so fortified. Read the label and be sure to buy a margarine that contains 9,000 units of vitamin A in each pound. With this addition it can be used freely and in the same way as we have used the present expensive butter. For hospitals menus, and for diets other than those which specifically demand butter, it is possible to take advantage of this low-cost source. [Continued on page 58]



Press. Assoc.

**Down Under.** Four American nurses, typical of scores now "somewhere in New Guinea," pop up out of this air-raid shelter to scan sky for planes. Note fatigue suits and hats borrowed from soldiers. A.N.C. will soon have its own heavy duty trouser suit.



# TRENDS IN Science

COMPILED BY EDITH GREER McMANUS

## SKIMPED GUIMPES

● For the first time in over sixty years, reports the Journal of the American Medical Association, the nursing uniform of the London Hospital has been changed. The new dress became necessary because the old one took about six yards of material, and today war rationing allows only four and a half yards. The familiar large Victorian "leg of mutton" sleeve has given place to a small puff sleeve. Soft collars and cuffs stitched with mauve or blue to match the frock and made from apron material take the place of starched collars and the sisters' cuffs. There is a new hat with the hospital badge stitched on the hat band and a new overcoat in place of the old "London" cloak. Aprons will be worn only by sisters and nurses when on ward duty. During the war the sisters will wear their yard-long cap tails only on special occasions. The changes mean that 1,680 fewer aprons and 10,686 fewer detachable sleeves will be worn during the year.

*Milk production increases 10 to 15 per cent when cows are fed and milked three times a day instead of twice.*

## THROMBIN

● The use of thrombin, a natural clotting agent of the blood, is being used to stop dangerous bleeding from war wounds. Swabs steeped in thrombin proved successful in stopping flow of blood during dangerous head operations. Thrombin injections permit al-

most-dry field for operations. Working on same principle as natural blood clotting, applied locally, thrombin accelerates blood clotting ten and sometimes one hundred times without any deleterious effects, reports experimenter Prof. Boris Kudryashov of Moscow University.

*To protect clothing from flying sparks, women welders now wear flame-proof clothes.*

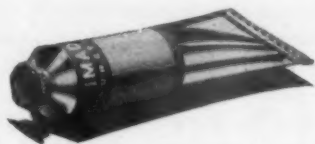
## ELAN

● Ready to serve hot—needs no cooking, can be used as a stock to which meat and vegetables may be added, is a new three-cent soup mix made of skim-milk powder, peanut flour, soya flour, and peas. Rich in vitamins of the B complex, the new mix can be supplemented with minerals, reports Dr. Harris of the Massachusetts Institute of Technology. The new mixture is believed to have great possibility for school lunch use; boon to nurses with a room of their own.

Dr. Harris has also studied food served in restaurants using superior cooking and serving techniques, and discovered even in these restaurants the average loss of vitamin C from vegetables was 45 per cent and loss of thiamin averaged 35 per cent. The loss was attributed to destruction by heat, also to discarding the cooking water. Holding over the steam table resulted in another 15 per cent vitamin loss. Thus, restaurant habitués may be de-

# WHY IS IMADYL UNCTION SO EFFECTIVE IN *Relieving pain?*

**T**hrough the vasodilating action of histamine, the chief ingredient of Imadyl Uction 'Roche,' local circulation is promptly and effectively improved. This increase in blood flow improves local metabolism, and also produces a welcome sensation of warmth in the treated area. In addition, histamine has a definite analgesic effect through its direct action on sensory nerve terminations. Imadyl Uction also contains acetyl-glycol-salicylic ester 'Roche' which produces the well-known, desirable "salicylate effect," and rubifacient ingredients which are pain-combating. All of these are incorporated in a highly absorbable base providing an effective unction for the relief of arthritic, neuritic, and rheumatic pains. Supplied in 1½-ounce tubes and 1-pound jars.



DILATES THE CAPILLARIES

IMPROVES LOCAL CIRCULATION

BRINGS WELCOME WARMTH

HOFFMANN-LA ROCHE, INC., NUTLEY, N. J. *Roche*

## R.N. Auto Emblem



VISIBLE  
IN THE  
DARK

ONLY  
**\$1.00**

*A symbol  
of your  
professional  
right to drive.*

You can avoid troublesome delay and embarrassment if your car is plainly identified by the R.N. Auto Emblem. Plastic and metal construction. Strong. Weather proof. Your state registration number *must* be furnished. Quantity strictly limited. Order promptly.

**PROFESSIONAL PRINTING CO., INC.**  
*America's Largest Printers to the Professions*  
15 East 22nd Street New York, N. Y.



## UNGUENTINE RECTAL CONES

**A.A.A.A.**

For the relief of the itching, smarting and burning of simple hemorrhoids.

**Antispasmodic Astringent  
Analgesic Antiseptic**

Samples free to nurses upon request.

The Norwich Pharmacal Company  
91 Eaton Ave., Norwich, N. Y.



\*Reg. U. S. Pat. Off.

prived of three-fourths of the vitamins in vegetables. Dr. Harris recommends eating early in restaurants and increasing consumption of raw vegetables.

*Sugar was first introduced into Europe as a medicine.*

### EPILEPSY INCREASE

• Dr. William G. Lennox of the N.Y. Academy of Medicine reports that epilepsy will increase during the war due to brain wounds. Judging from the last war, about 5 to 15 per cent of the brain-wound cases will cause epilepsy. This percentage is likely to increase as the new drugs will save more lives of those who suffer brain wounds. Hope for this group lies in neurosurgery and the discovery of effective anticonvulsant drugs. These patients can also be improved by encouragement in intellectual and vocational pursuits, and by reorienting their hopes and attitudes.

*In Norfolk, England, toothache was believed at one time to be caused by love. Little sympathy was given the sufferer.*

### DEHYDRATED FOOD

• That dehydrated foods retain many vitamins when properly treated is reported by Dr. Agnes Fay Morgan, head of the Home Economics Dept. of the University of California. Fruits dehydrated under new processes tend to hold more vitamins than those subjected to sun-drying, she says. Only when prunes, peaches, and apricots are treated with sulphur dioxide do they retain their vitamin C. The sulphur treatment, however, destroys two-thirds of vitamin B<sub>1</sub> because the thiamin molecule is split by the sulphur dioxide. Vitamin A is more stable and is retained in both methods; B<sub>2</sub>, or riboflavin, is destroyed by light—therefore, sun-dried fruits lose their content. (A point which Dr. Morgan may find hotly contested by the sun-dried fruit industry.) Many other fruits and vegetables are now being

tested and in some cases the dehydrated products retained more value than those processed during canning.

*The louse as a carrier of typhus was not discovered until 1909.*

#### SEX AND SILVER

• Sex hormones may play a part in restoring color to gray hair as well as vitamins, says Dr. B. Gerstle of Yale University School of Medicine and his associates, reporting on their new work in this field. Dr. Gerstle's findings parallel the work done by Dr. T. R. Forbes of Johns Hopkins University who inserted pellets of the female sex hormone under the skin of white rats and produced local darkening of the hair. Certain male sex hormones in pellets, however, failed to do this.

*A shortage of drinking glasses in England has resulted in the use of the old 17th Century pottery mugs.*

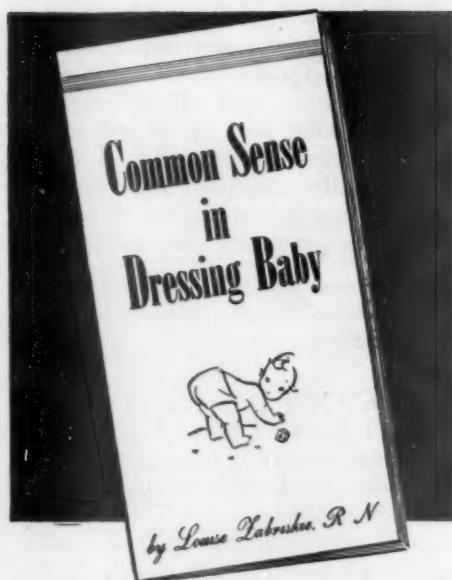
#### "DEADLY NIGHTSHADE"

• Fields of belladonna, the "deadly nightshade" plant from which atropine is derived, are now being harvested for the first time in the United States. According to the U.S. Department of Agriculture, the yields are good and the quality satisfactory. The average content of active constituents is almost twice that required by U.S.P. standards. Only since 1940 has the Bureau of Plant Industry, anticipating a shortage of the drug, planted seeds in quantity. It is said supplies now are adequate for military and civilian needs.

*Now it's dehydrated rice-pudding—for troops' use abroad.*

#### PORTABLE ANESTHESIA

• From *Medical Record* comes a report that England will produce a new portable machine for administering anesthetics and artificial respiration. The machine looks like a portable phonograph; will replace the cumbersome gas



## THIS HELPFUL BOOKLET FREE!

Sound advice on baby-care by the well-known authority, Louise Zabriskie, R.N.—in a handy little book you'll find invaluable. Tells how to select and care for baby clothes... with helpful tips for baby's health and comfort, mother's convenience. Practical information you can hand on to your patients! Sent you free by the makers of CHIX Air-cushioned Diapers. Write: Chicopee Sales Corp., 40 Worth St., New York City.



**CHIX Diapers are softer!** 8800 tiny air-cushions woven into a CHIX Diaper make it softer, more absorbent than ordinary gauze diapers—help prevent chafe.

cylinders now in use; provide complete control of dosage—an important feature in hot climates where rapid evaporation occurs; will allow one anesthetist to take part in several operations. A shipment of sand from Libya was recently transported to England for use in gauging the machine's resistance to penetration in sand storms!

*Many new fish that may be used for our wartime diets have been found in the Caribbean.*

#### THIN-SKINNED

• Small doses of thyroid extract are now being used to help protect the skin of women workers who bruise easily. Fair, thin-skinned women frequently show thyroid deficiencies. Their smaller superficial blood vessels break easily; the result, black-and-blue spots appear. Vitamin K (blood-clotter), vitamin C, and niacin (anti-pellagra factor) have had no appreciable effect. Thyroid ex-

tract, however, has successfully aided, according to a report from the University of California's Medical School.

*Lowest death rate in United States was last year.*

#### NEW CRYSTALLINE SUBSTANCE

• Cedilanid, from the Balkan digitalis plant or foxglove, has proved more effective in treating heart disease than the commonly-known and used digitalis. It is more rapid than digitalis and produces the same effect, according to Drs. Francis E. Chamberlain and Maurice Sokolow of the University of California Hospital. The drug is on the market and available to physicians.

*America has suffered four invasions of cholera.*

#### HORSE MEAT

• With tons of meat now being earmarked for use in the armed forces, for our allies, and later for starving nations,

When a Laxative is indicated —

Try **EX-LAX** The "HAPPY MEDIUM" LAXATIVE

In cases of simple constipation, some laxatives may prove too strong. Others may be too mild. But there is one laxative which hits a "happy medium." And that's... Ex-Lax! Ex-Lax is thoroughly effective—yet effective in a gentle way. It won't weaken or upset you. It won't make you feel bad afterwards. Ex-Lax is

not too strong, not too mild... it's just right! It tastes good, too—just like a piece of fine chocolate.

Thousands of doctors and nurses use Ex-Lax and prescribe it for their patients. When phenolphthalein is indicated, Ex-Lax is a pleasant and effective method of administration. 10c and 25c sizes at all drug stores.



As a precaution, use only as directed.

**Vapo-Cresolene**  
**INHALED**  
is the  
**DIRECT METHOD**  
of treating  
**COLDS, BRONCHITIS,**  
**WHOOPIING COUGH**

Direct, repetitive action! Therein lies Vapo-Cresolene's notable efficacy. With the patient's Cresolene lamp in operation, the mildly anti-breathing draws the decongestive, mildly antiseptic, sedative vapors into repeated contact with the inflamed respiratory mucous membrane.

The natural result is that cough is quickly subdued, breathing passages are cleared and throat irritability and raspiness are relieved. Write for nurse's literature, Dept. 3.

**THE VAPO-CRESOLENE CO.**  
62 Cortlandt St. New York, N.Y.





Effective, Safe  
Antacid . . . .

*Wyeth's*  
HYDRATED  
ALUMINA  
TABLETS

A SUPPLEMENT TO AMPHOJEL THERAPY

Each Tablet produces the antacid effect of two teaspoonfuls of  
Amphojel, Wyeth's Alumina Gel.

RN-ATI

JOHN WYETH & BROTHER, INC., 1600 ARCH STREET, PHILADELPHIA, PENNA.

Please send samples of Wyeth's Hydrated Alumina Tablets

R.N.

ADDRESS

CITY

STATE

Americans may be forced to eat horse meat before the war is over. However, when and if we do, horse meat will be Government inspected. The stamp will not be the familiar regulation purple, but a bright green hexagon. The food value is about the same as in other meats, but horse meat does contain relatively high amounts of glycogen—the carbohydrate stored in animal tissue. Sweetish in flavor, it is inclined to toughness because the supply comes chiefly from wild or worn-out work horses.

## Designed for nursing

[Continued from page 24]

Nurses will also be issued a parka-type raincoat and, for cold climates, a reversible parka in khaki and white, ski pants, and under-garments of fur-like alpaca and mohair. Low overshoes and arctic overshoes are part of regular issue.

All this at best can give you only a glimpse of what the Quartermaster and his Lady Stylists have been doing for nurses. But the big news of all is the fact that now at last the nurse corps is as well outfitted, if not better outfitted than any women's unit in the war service!

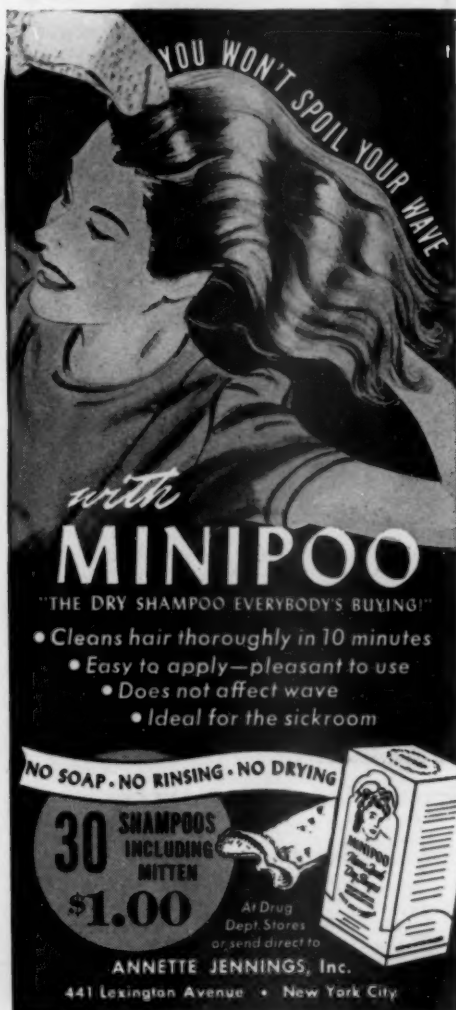
## Virus pneumonia

[Continued from page 25]

lobe densities, with patches of areas of consolidation. Fever may frequently hang on for as long as eighteen days. Otitis media and other complications may occur but are not usual.

The really severe form of the infection is characterized by a racking cough which brings up little or no sputum. Temperature is high, pulse slow, X-ray shadows may be widespread and out of proportion to physical symptoms. Leukopenia occurs in the early stages and a delayed leukocytosis. The acute phase may persist for two weeks and the fever from 18 to 25 days. Complications which may be anticipated include pleurisy, thrombosis of the vessels in the lower extremities, migratory polyarthritis, meningismus, and coma.

An editorial in the *N.Y. State Journal of Medicine* states, "In the few autopsies reported, the histologic reaction of the involved lung has been composed chiefly of mononuclear cells, and no bacteria have been found. Cystoplasmic inclusion bodies have been observed in the lungs of infants dying of this form



YOU WON'T SPOIL YOUR WAVE

with  
**MINIPOO**

"THE DRY SHAMPOO EVERYBODY'S BUYING!"

- Cleans hair thoroughly in 10 minutes
- Easy to apply—pleasant to use
- Does not affect wave
- Ideal for the sickroom

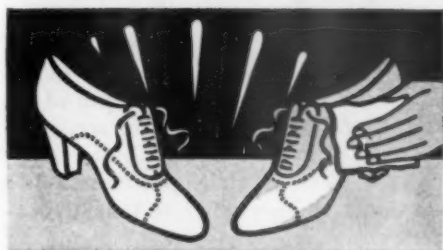
NO SOAP. NO RINSING. NO DRYING

30 SHAMPOOS INCLUDING MITTEN  
**\$1.00**

At Drug Dept. Stores or send direct to  
**ANNETTE JENNINGS, Inc.**  
441 Lexington Avenue • New York City



Although I'm busier than a bee,  
Clean and white my shoes must be!



So I use Energine Shoe White  
'Cause it contains the whitest white!



It goes on smooth—it dries so fast.  
It doesn't smear—and watch it last!

**Bright, solid white all through...** that's Energine Shoe White! It's made of the whitest white pigment, and it doesn't separate. Especially these busier-than-ever days, nurses like this quick, easy way to clean white shoes. You will too! Get the big bottle—it's thrifty!

**ENERGINE  
SHOE  
WHITE**



**Do your  
patients  
have—**



## HAIR AND SCALP PROBLEMS?

In many hair and scalp conditions, the physician may wish to supplement systemic therapy with helpful local treatments. For these cases, Parker Herbex provides rationally formulated medical products... and a scientifically devised method of application—to be followed either by the office nurse, by a salon attendant, or by the patient. The 117-page handbook on "The Hair and Scalp"



and Scalp" reviews the pathologies involved, concisely and authoritatively—with step-by-step instructions for treatment. It is available exclusively to the profession, gratis—on individual request.

## PARKER HERBEX CORPORATION

607 FIFTH AVENUE

NEW YORK, N. Y.



**FOR YOUR CONVENIENCE**

PARKER HERBEX CORPORATION  
607 Fifth Ave., New York, N. Y.

R.N.-2

Gentlemen: Please send me postpaid, without charge or obligation, a copy of the book, "The Hair and Scalp."

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

© King Features Syndicate.  
All Rights Reserved.



Nurses! Read!



# HOW famous QUINTUPLETS relieve coughing of CHEST COLDS

At the first signs which may warn of a cold—the Dionne Quintuplets' chests, throats and backs are rubbed with Musterole—a product made especially to promptly relieve coughs due to colds, make breathing easier and break up local congestion in the upper bronchial tract.

Musterole gives such wonderful results because it's MORE than just an ordinary "salve". It's what so many Doctors and Nurses call a *modern counter-irritant*. Since Musterole is used on the Quints—you may be sure it's just about the BEST cold-relief made!

**IN 3 STRENGTHS:** Children's Mild Musterole for children and people with tender skin. Regular for ordinary cases and Extra Strength for stubborn cases.



of pneumonia." This source reports that headache, photophobia, and sweating are frequent concomitant symptoms of the disease.

The virus isolated by investigators differs from known influenza virus and bears a remarkable relationship to the viruses of psittacosis, meningopneumonitis, and lymphogranuloma venereum.

The nurse, knowing these facts about virus pneumonia, will be on the alert to identify it in suspicious cases. A simple confirmatory test appears to be the demonstration of inclusion bodies in the large cells in the stained sputum of patients who have the disease, according to Dr. Adams and fellow researchers.

Treatment of virus pneumonia will no doubt simmer down to that of similar virus infections—rest, plenty of fluid, selected diet, laxatives if required, symptomatic treatment, etc. Good nursing is, of course, also important. One of the sulfa compounds may be used to prevent secondary invasions by other bacteria. Fortunately most cases recover fairly rapidly in virus pneumonia and complications are seldom seen.

## Treasure island

[Continued from page 21]

Despite the Administration's emphasis on the war-nature of the health program, the best openings for nurses so far have popped up in a civilian agency—the Health Department. With nearly half the island's women-in-white on its payrolls, this bureau is Puerto Rico's No. 1 employer of nurses. And this, its heads assure you, is just the beginning! They dream of a day, not far off, when the department will be the mainspring of a greater organization-to-come. If the government's plans pan out, they affirm, the department can't miss being the dominant influence in Puerto Rico nursing.

What kind of nurses does the department hire? Mainly specialists. Besides



## THE BURDEN OF Reconstruction

After the infection has been controlled and the temperature has returned to normal, the speed with which further recovery takes place is largely determined by the patient's nutritional state. Thus an adequate intake of essential nutrients is one of the primary requisites during convalescence.

When New Improved Ovaltine is made part of the convalescent's dietary, the burden of reconstruction can be greatly eased and recovery has-

tened. This delicious food drink, with its wealth of proteins, minerals, vitamins, and readily available caloric energy, aids measurably in satisfying the increased need for these metabolic essentials. Ovaltine is advantageously prescribed for all convalescent patients, both medical and surgical, regardless of age.

Nurses are invited to send for samples. The Wander Company, 360 N. Michigan Ave., Chicago, Ill.

2 KINDS  
PLAIN AND CHOCOLATE  
FLAVORED

NEW IMPROVED

# Ovaltine



Three daily servings (1 1/2 oz.) of New Improved Ovaltine provide:

	Dry Ovaltine	Ovaltine with milk*		Dry Ovaltine	Ovaltine with milk*
PROTEIN . . . .	6.00 Gm.	31.20 Gm.	COPPER . . . . .	0.5 mg.	0.5 mg.
CARBOHYDRATE .	30.00 Gm.	66.00 Gm.	VITAMIN A . . . .	1500 U.S.P.U.	2953 U.S.P.U.
FAT . . . . .	3.15 Gm.	31.95 Gm.	VITAMIN D . . . .	405 U.S.P.U.	432 U.S.P.U.
CALCIUM . . . .	0.25 Gm.	1.05 Gm.	VITAMIN B <sub>1</sub> . . . .	300 U.S.P.U.	432 U.S.P.U.
PHOSPHORUS . .	0.25 Gm.	0.903 Gm.	RIBOFLAVIN . . . .	0.25 mg.	1.28 mg.
IRON . . . . .	10.5 mg.	11.9 mg.			

\*Each serving made with 8 oz. milk; based on average reported values for milk.



FEB.—R.N.—1943

**WHEN YOU SEND THEM**

*send*



**Camel**

**costlier tobaccos.**

## CIGARETTES —

# *the Favorite\**



**Y**OUR friends, relatives, fighting in far-off places...grimly battling against death, infection...think what a smoke can mean to them...in comfort—in consolation...

And remember, too, when you go to send that precious carton of cigarettes, that Camel, by actual survey\*, is the favorite of men in the armed forces—for mellow mildness and appealing flavor.

Your dealer sells Camels by the carton; drop in and see him today.

\*With men in the Army, the Navy, the Marine Corps, and the Coast Guard, the favorite cigarette is Camel. (Based on actual sales records in Post Exchanges and Canteens.)

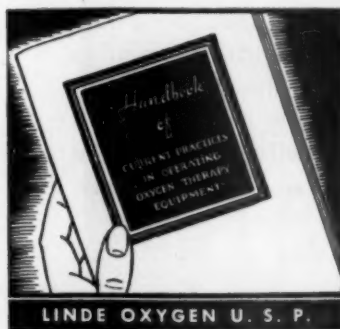
**— the favorite brand of the Armed Forces\***

general hospitals, it operates v.d. clinics, tuberculosis centers, and mental institutions. Another phase of its work aims at turning Puerto Rico's traditional *comadronas* (midwives) into assets by instructing them in the rudiments of pre- and post-natal care. Consequently, it looks with a favorable eye upon applicants skilled in venereal treatment, tuberculosis control, pediatrics, psychiatry, and the teaching of obstetrics; as well as those experienced in the pre-school, social, mental, and industrial branches of hygiene. It also uses social workers, laboratory assistants, field agents, and sanitary inspectors; positions that are all open to nurses who can qualify.

But the department's most attractive opportunities are reserved for public-health nurses. Of 583 nurses on its rolls, 336 fall into this category. Additions are currently being made in this classification at the rate of fifty-two a year. And because the public-health

nurse is being cast for a stellar role in the forthcoming health-program drama, nursing leaders foresee an even brighter future for her. In anticipation of a sharp upswing in this field, the School of Tropical Medicine has established special training courses in public health. Directed by Johanna J. Schwarte, the curriculum covers one year of post-graduate study. As a taste of what is coming, the directors point out that the first graduating class stepped as one woman into executive posts as field supervisors!

By way of pleasant contrast with many of our Latin-American neighbors, Puerto Rico does not discriminate against North American nurses. In general, the American R.N. enjoys the same right to practice as her native sister. Both are required to be graduates of a high school and an approved nursing school connected with an approved hospital. Nevertheless, other factors make it unlikely that the island will be sub-



## Linde can Help You

● For many years, Linde has co-operated with hospitals and physicians in studying oxygen therapy problems. The experience which has been gained from this research is available in the form of literature, motion pictures, and personal help. Write for a copy of the Linde handbook.

**THE LINDE AIR PRODUCTS COMPANY**  
Unit of Union Carbide and Carbon Corporation  
30 East 42nd St.  New York, N. Y.



## FOR **EAST-RELIEF** OF DISCOMFORTING ECZEMIC IRRITATIONS

Aggravating chafing, chapping, sheet burns, bed sores and other external skin irritations make your patient uncomfortable, irritable and often retards recovery.

For nearly 35 years, soothing, cooling Poslam ointment has effectively relieved burning, itching of eczemic and acneous skin conditions. Relieves misery of Athletes Foot! Poslam contains Sulphur, Oil of Cade, Salicylic Acid, Zinc Oxide, Menthol, Carbolic Acid 1/3 of 1% and other ingredients in a pure anhydrous lanoline base.

**FREE:** Write for professional sample to Emergency Laboratories, Dept. 2 R.N., 254 West 54th Street, New York City, N. Y.



# GALATEST

GOES TO WORK IN  
**WAR FACTORIES!**



The Medical Departments of leading War Industries have been sending in urgent orders for GALATEST — the dry reagent for instantaneous detection of urine sugar.

Tests made at these plants must be done with maximum *speed* — *accuracy* — *convenience*. GALATEST has ALL these qualifications.



**SPEED** — Urine sugar test in 30 seconds.

**ACCURACY** — No false reactions.

**CONVENIENCE** — A single drop of urine. No test tubes. No boiling.

*Galatest*

ACCEPTED FOR ADVERTISING IN THE JOURNAL  
OF THE AMERICAN MEDICAL ASSOCIATION

**THE DENVER CHEMICAL MFG. COMPANY**  
163 Varick Street, New York, N. Y.

*Attention  
nurses!*

FOR CHILDREN WHO  
SUCK THEIR THUMBS—BITE THEIR NAILS

*Recommend* **THUM**  
TRADE MARK



A means of discouraging these un-  
healthful habits . . . Directions on  
bottle. Remove from fingers with  
nail polish remover.

**EASY TO USE**  
APPLY LIKE NAIL POLISH



**SOLD AT ALL  
DRUG STORES**



## Working harder these days?

Everyone is working harder these days —but none more so than nurses. Now, more than ever, your vitamin B intake must meet extra demands. B-NATURAL, containing *all* the vitamin B complex factors, can help you to keep going efficiently.

B-NATURAL is powdered, palatable, potent and economical. Half a teaspoonful added to any food or beverage furnishes the minimal adult daily supply of the essential B vitamins. Mail coupon for samples and literature.

**VAN PATTEN PHARMACEUTICAL CO.**  
54 West Illinois Dept. R.N. Chicago

Please send B-Natural samples and literature.

R.N.

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_

ject to any immediate, large-scale nursing invasion from the north. First, there is the language difficulty. Spanish must be spoken fluently, since comparatively few patients understand English. Next, strings—in the form of highly complex qualifications—are attached to a number of the most desirable positions. Public-health supervisorships, for instance, are the exclusive domain of alumni of the School of Tropical Medicine. Even routine public-health assignments are normally awarded only to health-department staff members. A university degree is the obstacle confronting the R.N. who would be a lab assistant; for "sanitarian" status, nothing less than a B.S. in agriculture will do! Finally, salaries in any case are not usually high enough to attract nurses accustomed to the living-standards of the United States. Health-department nurses, for example, receive but \$900 to \$1,500 a year.

Puerto Rican nursing also demands

qualities not common among those bred to the relatively soft nursing life of American cities. The typical Puerto Rican nurse often works in incredibly primitive surroundings, without what her American colleagues would consider the barest essentials of sound practice. Where roads are impassable to her automobile—if she is fortunate enough to own one—she takes to horseback or foot to reach her patients. In the absence of a physician—and this is frequent—she may have to assume a doctor's duties. She has to have the teaching talent to train "civilian aides" to substitute for her in an emergency, and the initiative to man one of the medical war zones into which the island has been divided. Above all, she must be sufficient of a politician to make the most of a situation where political interests may sometimes clash with nursing ideals. Everything considered, hers is no job for the soft-hearted—or good-will tourists. But for the nurse who is

# Incotin

The ANALGESIC OINTMENT WITH THE WASHABLE BASE

Strong salicylic and hyperemic action due to highly concentrated formula—particularly effective in pain of muscle, nerve, or joint, and of congested throat or chest. Clean—stainless—washes off with water. Send for free samples.

**TAKAMINE**  
LABORATORY, INC.  
Clifton ... New Jersey



## SAFETY FOR YOUR BABIES

KIDDIE-KOOP KIDDIE-BATH KIDDIE-YARD KIDDIE-TRAINER

Babies deserve the protection—mothers appreciate the convenience of these four Trimble products: KIDDIE-KOOP, the safety-screened crib; TIP-TOP KIDDIE-BATH, to make baby bathing easy; KIDDIE-YARD for protected, off-the-floor play; KIDDIE-TRAINER, for sound toilet training.

New booklet "Making the World Safe for Baby" by Beulah France, R. N., describes these nursery necessities against a background of helpful information for mothers. May we send you one or more copies? Write to: Trimble, Inc., 80 Wren Street, Rochester, N. Y.



TRIMBLE NURSERYLAND FURNITURE



This is part of a series on matters of professional, educational and public interest, primarily related to nutrition and the scientific approach to the food problem, and giving the background of the

products of General Mills. These messages are being disseminated through a number of professional and specialized publications in the hope of providing material useful for the readers.

# The Council on Foods

## OF THE AMERICAN MEDICAL ASSOCIATION

HOW MUCH DO YOU KNOW ABOUT THIS IMPORTANT BODY?  
THEIR WORK HAS HELPED RAISE STANDARDS OF FOOD  
FORMULATION, MANUFACTURE, LABELING AND ADVERTISING  
... AND ENCOURAGED GREATER PUBLIC DISCRIMINATION  
IN FOOD SELECTION

### 1. Why was the Council started?

(Answer) It was decided, in 1930, by the American Medical Association that a committee was needed to pass on the acceptability of food products submitted for advertising in the association's own Journal, and to pass on the claims in such advertising. The board set up at that time has since come to be known as the Council on Foods and Nutrition of the American Medical Association. But the scope of its work and influence has broadened.



### 2. How has its work broadened?

(Answer) It was seen that the type of work this committee had undertaken was potentially of great public usefulness. For, as scientific knowledge of nutrition grew, more and more food advertising used nutritional claims. Many of these claims were exaggerated, based on insufficient data, loosely conceived and presented. The public often found it hard to discriminate. Wouldn't the committee be serving a useful purpose by offering

food manufacturers and advertisers the privilege of submitting their products, processes and advertising claims to the Council for study, review and acceptance? The committee's work was broadened to embrace this larger concept.

DOCTORS SAY!  
AMAZING  
VITAMINS!  
NUTRITIOUS!  
GOOD FOR YOU  
Many of the claims  
in food advertising  
were extremely  
"loose"

### 3. How is the Council made up?

(Answer) The Council is made up of leading authorities in various fields of medical and nutritional science, who serve without pay in the public interest.

### 4. What does "acceptance" mean?

(Answer) Many food manufacturers, distributors and advertisers recognized the value of the service offered by the Council and availed themselves of it. They realized that this committee—representing as it does the best modern thinking on nutritional subjects—could help the food industry and public both.

The Council reviews each product

submitted to it; the processes by which it is made; its labeling; its advertising claims—in the light of authoritative opinion concerning food and nutritional values and its rules for "acceptance."



When the Council "accepts" a product, it permits its Seal of Acceptance to be used. Acceptance means the Council has assured itself that the product is wholesome, that it complies with certain prescribed requirements, and that its labeling and advertising claims are proper and true.

### 5. What are the broader functions of the Council?

(Answer) The Council on Foods has helped in many ways to guide the country's nutritional thinking.



It has fostered nutritional research—published monographs on nutritional problems of broad public interest—cooperated with industries in establishing better standards of composition, processing, labeling and the like. By publishing its "rules" and "decisions"—and enforcing them through withholding its acceptance—it has helped engender a sounder nutritional viewpoint in food manufacture and advertising . . . The Council on Foods and Nutrition is thus a potent force in helping Americans get wholesome, truthfully advertised foods.



Lack of Council acceptance of a food product may simply imply that its manufacturer has not chosen to submit it or its advertising to the Council. This implies no lack of merit in the product, or untruthfulness in its advertising.

**General Mills, Inc.,** of Minneapolis, Minn., America's largest processor of basic cereal grains, has cooperated with the Council on Foods of the American Medical Association since its inception . . . as part of this company's policy of collaboration with recognized bodies acting in the public interest. The products illustrated here are all "accepted" by the Council, denoting that their formulation and processing, labeling and advertising have been submitted to review and found acceptable.



"Wheaties" and "Kix" are registered trademarks of General Mills, Inc.



## OUR INVITATION TO YOU

Let us help you to achieve your professional ambitions—help you to find a larger opportunity enabling you to utilize to best advantage all of your abilities—or help you to find an interesting and remunerative appointment in some new location.

The difference between applying for and being recommended for a position is a difference of consequence. You need an introduction to the place that needs you—someone to tell of your qualifications for that position. We are confident of our ability to introduce you to new opportunities.

We welcome any inquiries concerning our service and assure you that your correspondence will be held strictly confidential.



**SERVING  
SINCE  
1896**

**AZNOE'S WOODWARD  
MEDICAL PERSONNEL BUREAU**

Ann Ridley Woodward, Director  
30 N. MICHIGAN AVENUE, SUITE 422-C  
CHICAGO, ILL., U.S.A.

# Hayden's Viburnum Compound

H  
V  
C

*An antispasmodic acting  
without depression... gives  
sedation without narcotism.*

A formula which has been prescribed for more than seventy-five years. Prepared from carefully selected botanical drugs so as to assure uniformity of action of the finished product.

Ethically presented to the medical profession; never advertised to the public.  
*Descriptive literature and sample on request.*

**NEW YORK PHARMACEUTICAL COMPANY**  
BEDFORD SPRINGS • • BEDFORD, MASS.

not afraid to translate her desire to be a good neighbor to Latin America into terms of hard work, low pay, and personal sacrifice, it may be just what the doctor ordered!

## London letter

[Continued from page 35]

thankfulness. This is the first time the bells have sounded since war started. I was privileged to be present in the belfrey of two of our churches, to watch the ringers. One was the University Church of Great St. Mary's. This has a twelve bell peal. As the great bells rang out, I could feel the tower swaying in rhythm with the bells. All the ringers were members of old ringing societies, such as "The Ancient Society of College Youths." Most of the men were over age for military service and these wore the uniform denoting his form of voluntary service, e.g., Home Guard, Warden, Fire Service, etc. Younger men wore the uniform of the Navy, Army, and Royal Air Force. Such a sight is unique in the history of bell ringing.

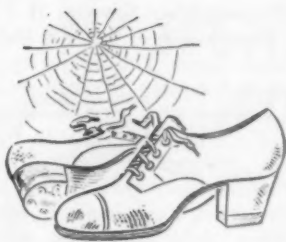
The body of the church was crowded with men and women of the services. I noticed rows of nurses from the hospitals, whose scarlet-lined cloaks made a brilliant splash of colour against the more somber hues of the fighting services and the black academic gowns of the university professors. Most appropriately the service concluded with the beautiful hymn:

"Oh valiant hearts, who to your glory  
came  
Through dust of conflict and through  
battle flame;  
Tranquil you lie, your knightly virtue  
proved,  
Your memory hallowed in the land you  
loved. . ."

December 29, 1942

...First of all I should like to wish all your readers a happy and prosperous New Year. Is it too much to hope that peace may be restored to our lands in the coming year? I sincerely hope so, but only if it can come to us with a decisive victory for our fighting forces. For the idea of peace in any other form can only be a delusion.

[Turn the page]



## THIS IS NO TIME TO WASTE

Everything you can save today counts and here's how you can conserve leather—and save yourself money—

In using a white shoe cleaner every day, use the brand nurses vote their favorite, year after year—**GRIFFIN ALLWITE**. Its neutral ingredients are absolutely safe for all white shoes, leather or fabric...and because **GRIFFIN ALLWITE** keeps your shoes new-looking longer, you wear them longer.

Today, more than ever, insist on **GRIFFIN ALLWITE**.



Bottles, Tubes, and Jars  
10¢ and 25¢ sizes

# GRIFFIN ALLWITE

Cleans as it whitens

Look Your

*Loveliest*  
with  
**GLAMOROUS  
HAIR**



**Linda Darnell**, glamorous 20th Century-Fox star in "Loves of Edgar Allen Poe," uses **GLOVER'S**.

Lovely Linda Darnell is one of many movie stars who keep their hair charming and refreshed with **GLOVER'S** famous **MEDICINAL** treatment, so popular with millions of men and women! **GLOVER'S** is a medicinal application recommended, with massage, for Dandruff, Itchy Scalp and excessive Falling Hair. **TRY** it today—you'll feel the exhilarating effect, *instantly!* Ask for **GLOVER'S** at any Drug Store.

For your convenience we offer this Complete Trial Application of **GLOVER'S** famous Mange Medicine and the new **GLO-VER** Beauty Soap Shampoo, in hermetically sealed bottles, so that you can try the Glover's Medicinal Treatment and test it yourself! Complete instructions and booklet, "The Scientific Care of Scalp and Hair," included **FREE!** Send the Coupon today!



**GLOVER'S**  
with massage, for  
**DANDRUFF, ITCHY SCALP**  
and Excessive **FALLING HAIR.**



★ **GLOVER'S** ★

**GLOVER'S**, 101 West 31st Street,  
Dept. 102, New York City

Send Trial Package, Glover's Mange Medicine and **GLO-VER** SHAMPOO, in hermetically-sealed bottles, and informative booklet. I enclose 25c.

NAME.....

ADDRESS.....



## NUMOTIZINE

### Medicated Emplastrum

### Respiratory Conditions

Continuous analgesic-decongestive action. Eight to ten hours per application. No heating required.

#### INDICATIONS

Pneumonitis, Tonsillitis, Boils, Bronchitis, Arthritic Pain, Glandular Swellings  
4, 8, 15, 30 ounce jars

Numotizine is ethically presented—not advertised to the public.

**Numotizine, Inc., Chicago**

#### FORMULA

Guaiacol	2.60
Feechwood Cresote	13.02
Methyl Salicylate	2.60
Sol. Formaldehyde	2.60
C. P. Glycerine and Aluminum Silicate q.s. 1000 parts	



Now we are beginning another year, it might be interesting for you if I gave a general impression of life in Britain at the present time. The majority of the people are of course in uniform of one kind or another and even those in ordinary dress are not at leisure as they may seem to be, for nearly everyone is doing part- or whole-time work. Christmas festivities this year were much quieter than usual and I personally have not heard of any parties beyond quiet family gatherings. Many men and women are, of course, away from their homes and these were much in the thoughts of those at home. Shop decorations were forbidden this year, in order to save light and paper. I have not seen a single turkey or plum pudding and even chickens were very hard to buy. Flowers are scarce and very dear, but to make up for this there seemed to be an abundance of holly and mistletoe.

We entertained two American officers on Christmas Day and as I actually had a bottle of whisky given me, we were able to drink to the Allies. Travelling by train is restricted so as not to impede

## BonneBell TEN-O-SIX LOTION

### ★ for Eczema, Acne and Ringworm

Comforting relief to itching skin on body or scalp. Aids nature in healing externally caused skin irritations, pimples, blackheads, eczema, acne, ringworm and athlete's foot . . . even relieves the painful itching of pruritus ani and vulvae.

. . . and it's a grand cleanser for the skin, simple and convenient to use. It is not greasy, will not soil linen or clothing, will not dry the skin and leaves a pleasant odor. You will like TEN-O-SIX—Order today!



### Send coupon today!

• BONNE BELL  
17609 Detroit Ave.  
Cleveland, Ohio

• Send me bottle of TEN-O-SIX on money-back guarantee. I enclose \$.....for

☐ \$1.00—2 oz. size ☐ \$2.00—4 oz. size

Name .....

Address .....

City ..... State .....

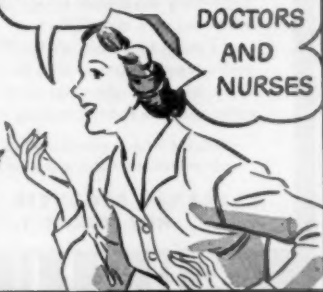
**MY WORK WAS RUINING  
MY HANDS!**



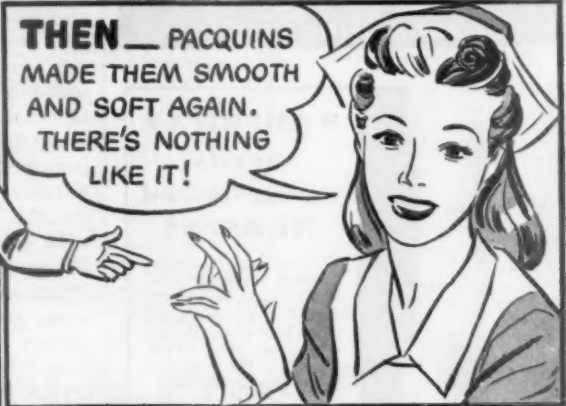
I DIDN'T REALIZE HOSPITAL  
WORK WOULD MAKE MY  
HANDS SO ROUGH AND  
RED



BUT IT NEEDN'T! USE  
PACQUINS—THE HAND  
CREAM **CREATED** FOR  
DOCTORS  
AND  
NURSES



**THEN — PACQUINS**  
MADE THEM SMOOTH  
AND SOFT AGAIN.  
THERE'S NOTHING  
LIKE IT!



**ARE** your hands in water — or  
harsh chemicals — 30 to 40  
times a day? Well, Pacquins was  
*made for you*—becomes a "must"  
when you see what wonderful hand

protection it gives. In your work  
you can't afford to have rough,  
coarse hands. Keep them soft,  
smooth! Use creamy, greaseless  
Pacquins Hand Cream regularly.

**Pacquins** *Hand Cream*

Pacquin, Inc., 101 West 31st Street, New York, N. Y.



*New* **VANISHING CREAM FUNGICIDE**

The most fastidious person will welcome the cosmetic elegance of KORIAM — the safer antipruritic fungicide.

Korium destroys dangerous fungi in 10 minutes. It works IN the skin, providing maximum fungicidal action with minimum discomfort.

As easy to apply as the finest cosmetic cream, Korium with its vanishing type base, is stainless and will not cake or cause fabrics to cling to the skin.

Available in tubes containing 1 oz. Sample and professional literature on request.

**SARNAY PRODUCTS, INC.**  
NEW YORK, N. Y.

**KORIUM**  
REG. U. S. PAT. OFF.  
THE ANTIPRURITIC FUNGICIDE



treat your feet well... get fitted to a good pair of shoes made of

**LEVOR**  
*unshrinkable*  
**WHITE KIDSKIN**

★ **AMERICA** ★  
**needs**  
**strong-footed**  
**NURSES!**

Civilian and military nursing demand physical stamina beyond any former experience. Because body strength fails when feet tire, COMFORT is the first consideration in shoes.

★  
1,000 experienced nurses, many in military service, were questioned about their footwear. 72% always wear kidskin shoes. 68% advise young nurses to choose this fine soft, comfortable leather.

★  
LEVOR White Kidskin stays white; is easiest of all leather to keep clean; and it has a long record of satisfactory service. Try on a pair of shoes made of LEVOR Kidskin... your feet will thank you!

the railways for war transport. Also there are no private cars on the roads, except those running for Government purposes. This is to save petrol and tyres. I am thankful to say that there were no air raids over Christmas which was in strong contrast to the years of 1940-41. On Thursday, December 24th, I went to the famous Kings College Chapel of the University of Cambridge, to hear the carols. This is an old English custom. The beautiful chapel was thronged long before the service started and crowds of people stood outside in the sunshine listening.

Now for other matters. Postage has been increased to 2½d for letters and the 1d post has disappeared until after the war. Also there are none of the attractive greeting telegrams which were so popular for special occasions. In spite of all these things, we are very happy and the health of the nation is excellent because, although there are food restrictions, we get enough of essential foods. We understand that experiments are progressing for the use of potatoes in bread and we are wondering what potato bread will be like. Now that the winter is upon us, our thoughts turn naturally to hot water bottles. There are no rubber ones to be obtained and it is difficult to get stone ones. If it comes to the worst I expect we shall be using heated bricks and warming pans like our great-grandmothers did.

In spite of all these difficulties, we are all greatly heartened by the wonderful efforts of the forces. We feel that nothing is too great a sacrifice if it helps towards victory. The letter recently sent from a Yorkshire mother to General Montgomery when she wrote "Keep them on the run Monty," expresses all our feelings.—  
LOIS OAKES, S.R.N.

**Fats are rationed**

[Continued from page 37]

Olive oil is almost non-existent today. Although the flavors are not identical, cottonseed, corn, peanut, and soybean oil can be substituted. All are similar in composition. When well mixed, properly flavored, and added to salads they can be tasty and satisfactory. To encourage salad consumption some thought and care

# Nurse: We want you to taste this palatable soda tablet

R<sub>x</sub>



We make Carbex Bell entirely of sodium bicarbonate and aromatics because our doctors tell us that sodium bicarbonate properly used is the fastest-acting and most dependable material known to medicine for relieving the symptoms of indigestion.

## *“Trial is Proof”*

**SEND FOR SAMPLE**

RN 2-43

**HOLLINGS-SMITH CO.**  
Orangeburg, N. Y.

Sample Carbex Bell, please.

Name ..... R.N.

Address .....

## Send for Samples of **EFEDRON** HART NASAL JELLY

Relieves nasal congestion promptly and pleasantly.

Supplied in nasal tipped tubes—can be carried in pocket or purse—applied quickly and easily.

*The Original Water Soluble  
Ephedrine Nasal Jelly*



----- Mail This Coupon Today -----

Hart Drug Corporation,  
Miami, Fla.

Please send me complimentary samples of  
EFEDRON Hart Nasal Jelly.

R. N.

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

should be exercised to attain maximum palatability.

Shortening fats are also scarce and the most popular one, lard, is now sometimes difficult to secure. We can, therefore, use home-rendered fats or drippings as an economy move. However, these become rancid very quickly and should not be kept too long. When they are spoiled they can be sold to the butcher for manufacture of explosives. The hydrogenated fats for shortening have gained in popularity in the past few years. They are made from cottonseed oil or other oils and hydrogen is introduced to the oil in the presence of a catalyst. The hydrogen on combining with the oil changes its physical character to the hard or plastic type. After this it is creamed or beaten until it becomes the familiar smooth, white shortening. Each step is rigidly controlled and standardized and flavor and odor are absent because the oils are refined and purified before use and nothing but hydrogen is added.

Other fats that will take their place in the new food world will be hydrogenated coconut oil which can be used

## DEPENDABLE - that's the word for

# PERTUSSIN



Physicians know the advantages of fitting the remedy to the patient.

When the com-

plaint is a cough resulting from a cold, what could measure up more efficiently to the occasion than PERTUSSIN. Its pleasant taste, its freedom from bromides, opiates, chloroform and creosote make it a cough remedy equally well suited, in prop-

er doses, to the needs of children, adults and the aged.

A generation of physicians has found that Pertussin (extract of thyme, prepared by the Taeschner process) provides effective aid in the relief of coughing because—

1. It aids in liquefying the mucus
2. It facilitates the expulsion of mucus
3. It depresses the cough reflex
4. It exerts a sedative effect on the irritated mucous membrane

**PERTUSSIN** has merited the confidence of many physicians who prescribe it freely whenever indicated.

SEECK & KADE, Inc. • New York, N. Y.



## *Keep 'em marching ... — to Victory!*

Peak efficiency cannot be expected—  
where Athlete's Foot is present

Whether they are soldiers marching to line of duty, or civilians on their way to war production plants, peak efficiency cannot be expected where Athlete's Foot irritation is present. Relief must be made available for these patients, as quickly as possible.

Let the simple Mazon treatment help you to bring Athlete's Foot irritation, with its destructive influence on comfort and efficiency, under control.

**MAZON** as laboratory investigation and many clinical reports show, inhibits Tricophyton fungus growth associated

with Athlete's Foot and helps to clear up the affected area. Mazon is anti-pruritic, antiseptic, anti-parasitic. It is easy to apply and requires no bandaging. Use it on your next case.

Mazon is also indicated for the relief of externally caused Eczema, Psoriasis, Alopecia, Ringworm, Dandruff and other skin disorders.

**BELMONT LABORATORIES CO., PHILADELPHIA, PA.**



## "What an Improvement EVENFLO IS!"

Edith King, Denver, writes: "Alan, my 5-months old son, adores his Evenflo Nurser. An older woman, watching me prepare his bottle remarked: 'What an improvement Evenflo is. How I used to struggle chilly mornings pulling on nipples with stiff fingers. Often they would slip and spill the milk.'"

Evenflo is also noted for easy nursing. The valve in its nipple equalizes air pressure in bottle when food is withdrawn, thus preventing nipple collapse. Baby gets food easier and finishes bottle better because he need not struggle and become too tired while feeding.

For this reason doctors and nurses recommend Evenflo Nurser for normal and subnormal babies. At baby shops, drug, dep't stores, 25c.

**The Pyramid Rubber Co.**  
Ravenna, Ohio, U. S. A.



Nipple down.  
Bottle sealed.



Nipple up  
for feeding.



Right  
Extra hole in  
fruit juice can  
relieve vacuum

Left  
Evenflo air-  
valve relieves  
vacuum, pre-  
vents collapse.



**MODERN  
EVENFLO NURSER**

Nipple, Bottle, Cap, All-in-One, 25c

for crackers, wafers, and candies as it is more firm; beef or poultry drippings; corn oil; and the versatile soybean and peanut. Peanut butter, so enjoyed by children, is an excellent spread for bread and in addition it contains protein of high biological value and vitamin B.

With full realization that their tastes may be slightly different, there is no reason why substitutions cannot be made successfully. These days demand ingenuity and continued study of nutrition needs. In private practice the need for this understanding is imperative; public health nurses are invaluable in helping the less fortunate; industrial nurses are continually faced with questions of food and its relation to health. To all of us the problem is important, but we can meet it successfully without sacrificing body health.

## Wartime budget

[Continued from page 34]

of strife be changed to *Car Storage* or *My Tussles with Taxis*. The charts say you may spend around \$12 a month, if you're normal. Perhaps you can swipe from *Transportation* to pay for a new permanent.

*Insurance, Taxes and Savings*, according to this pre-war estimate, should have consumed about \$18 of a single adult's \$150 income. Let your conscience, your responsibilities, and your income be your guide on this one, but don't forget that fat allotments must be given to *taxes* this year. We suggested a separate classification, and you may be safe by allotting about 25 per cent of your total income to the needy Government. Of course the inevitable result of this will mean you must pare down on other expenditures. If you slice a little off all these estimated standards, you should still have food in your larder and a shirt on your back.

*Bond Savings* are what you make them. Call it storing up pennies in Heaven if you will, but remember bonds mature and pay you plump dividends.

And finally, the great catch-all, *Mis-*





**"And I do mean angel!"**

"Lab men tell me I'm pure as anything afloat. Purer, they say, than the finest castile soaps!

**"And as for mildness—**717 babies were bathed with different soaps under the supervision of baby specialists—and no soap tested, either floating or castile, was milder than SWAN.

"I have no free fatty acids, no harmful alkalis, no strong perfume, no coloring matter. All of which probably makes me the ideal

custodian for a baby's skin."

... No wonder more doctors are switching to SWAN than to any other soap!

And besides its purity—SWAN lathers faster than other floating soaps. Rich, creamy lather it is, too. SWAN is economical—more real soap per penny than any leading toilet soap tested.

**Try SWAN yourself**—in your home and in your office—and see if you don't think this new white, floating soap is worth recommending to your patients.

PURER THAN FINEST CASTILES!



**SWAN**  
PURE, WHITE  
FLOATING SOAP

MADE BY LEVER BROTHERS CO., CAMBRIDGE, MASS.

**New under-arm  
Cream Deodorant  
safely  
Stops Perspiration**



Guaranteed by  
Good Housekeeping  
if defective or  
not as advertised return

1. Does not harm dresses, or men's shirts. Does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly checks perspiration for 1 to 3 days. Removes odor from perspiration, keeps armpits dry.
4. A pure white, greaseless, stainless vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering, for being harmless to fabrics.



ARRID IS THE  
LARGEST SELLING  
DEODORANT

**ARRID**

39¢ a jar

(Also in 10¢ and 59¢ jars)

Buy a jar of ARRID today at any  
store which sells toilet goods.

cellaneous tails all other items on your budget sheet. Our authors suggest including medical, surgical, hospital, and dental costs; vacation and recreational expenditures, church and charity, gifts, etc. Etcetera will probably mount higher than you think, but the normal allotment given is about \$30 a month for the status and income previously assigned in other classifications.

Monthly accounting, say our budget-lovers, is "a simple and interesting process." Be skeptical if you must, but subtract the total expenditures of each column from the respective balances brought forward from the previous month. Add to or subtract from the next month's individual allotments to determine whether you must skimp or splurge in the immediate future. An analysis of your extravagance or unwarranted parsimony will help you adjust your spending habits. Never feel frustrated if you can't account for every penny spent. If inaccuracies are serious, try to check them, but don't let your budget ride you, demon-wise.

In former years, well, the budget we made in January, we gave up for Lent. Never any more. Now we are as fascinated with figures as a Tom cat with a titmouse. As for you, you can go shopping for a new spring bonnet instead, but you'd better stick to the budget departments. Because, on or about March 15th, the gremlins will catch you if you don't watch out!

## Group nursing

[Continued from page 30]

believes that group nursing is here to stay, that it is not a makeshift in a time when nurses are at a premium. It is basically sound because it provides the nurse with a steady income during slack times and permits patients who could not afford a full-time "special" to have superior nursing care. They are introduced to a new type of nursing service which they and many of their friends

FEB.—R.N.—1943

# *A Bland Dressing*

## FOR MANY SKIN IRRITATIONS

### of External Origin

IN choosing a soothing application for alleviating surface disturbances of the skin, many nurses select Resinol because it is a mild, yet highly efficient, medication.

With its long background of useful employment in the sickroom, Resinol Ointment

can be depended upon to contribute to the patient's comfort, with gentle effectiveness. It helps to reduce the discomfort of pressure sores, sheet burns, rectal and vulval pruritus, eczema itching, and many similar surface conditions, where itching, burning and smarting are especially troublesome symptoms. Frequent applications of Resinol may be made on sore, tender skin, with the assurance that it is bland enough for use on sensitive surfaces.

Resinol Soap is also a favorite in the sick room, because it is extra pure and refreshing to use for bathing the skin.



For professional sample of Resinol Ointment and Soap write Resinol Chemical Co., R.N. 30, Baltimore, Md.

## USED AND RECOMMENDED BY

### MANY "R.N.s" and Physicians



To promote patient's comfort, do as many do—advise gargling and spraying with Glyco-Thymoline. This gentle, but effective, solution helps to heal and to soothe irritated membranes of the nose and throat.

For over 50 years Glyco-Thymoline has been in approved use in many hospitals and in private practice. Especially recommended for relieving discomforts of common colds and ordinary sore throats. Many R.N.s specify Glyco-Thymoline as a cleansing vaginal douche.



## GLYCO-THYMOLINE

KRESS AND OWEN COMPANY • NEW YORK

## *Dura-Gloss picks you up*



When work is done, sit down and do your nails with Dura-Gloss. Observe its steady, even flow. Look at its lovely radiance. Your nails will look beautiful. You'll feel refreshed, ready for anything. Get DURA-GLOSS today.



10¢ PLUS TAX

## **DURA-GLOSS** *nail polish*

Lorr Laboratories • Paterson, N.J. Founded by E. T. Reynolds

can adjust to a middle-class budget.

"Patients spread the news among their friends and a new market for nurses is opened up."

"I don't mean that the private nurse will disappear," Miss Warman added. "Nothing will ever replace her service for the acutely ill or for the best professional nursing available in the home. But group nursing offers many advantages to the R.N. who formerly concentrated on private cases."

In hearty agreement with this point of view is Edith Ryan, graduate of Mt. Sinai and supervisor of the group nursing program since its inception.

"Graduates who prefer this type of nursing register with me. They already know the procedures as all our students have had instruction in the system. To prove how much they like it, we still have sixteen of the original nurses who started group nursing with me in November, 1931."

The objection that her girls must be inordinately tired at the end of their eight hours on duty is refuted by Miss Ryan.

"They seem less tired than the average private nurse—possibly because they have had so much interest and variety in their day. The time seems to go faster for them."

Mt. Sinai's physical set-up for group nursing also prevents undue weariness on the part of its practitioners. The ingenious arrangement of equipment and supplies in subutility rooms means few waste steps. Also, waiting in turn for supplies is obviated.

"A patient is much more considerate when he sees that his nurse is actually busy with someone else," Miss Ryan says. "He usually postpones his request until she is temporarily free. Since at least one nurse is always in the room, the patient has confidence that his needs won't be neglected, and he gets over the often preconceived idea that private duty nurses are lazy!"

The group nurses and their supervis-

*If this job gives you a pain  
Take a tip from Mary Jane*



*Mary Jane abominates  
Scrubbing patients' dental plates.  
Not that Mary Jane is snooty;  
It's a simply horrid duty!*



*That's why she's so eloquent  
In the praise of POLIDENT.  
Dirty work? Pooh! Nothing to it!  
Mary Jane lets "soaking" do it.*

**MORAL: POLIDENT'S** a sure  
Way to keep plates clean and pure.  
Simply soak then rinse. That's ample!  
Write today for your free sample.

### **Good News For Patients, Too!**

POLIDENT dissolves away all traces of film and discoloration . . . soaks out odors . . . leaves plates LIKE NEW. It gets into every crevice where brushing can't reach . . . won't harm dentures . . . used and recommended by leading dentists everywhere.

FREE SAMPLE write Hudson Products, Inc., Dept. 9-B, 220 W. 19th St., New York, N. Y.

# **POLIDENT**



### **WORKS LIKE MAGIC**

**Soak 10-15 minutes—Rinse—That's ALL!**

Brushing false teeth is dangerous . . . as well as unpleasant. Polident minimizes danger of hand-infection from unclean plates . . . lessens possibility of scratching, dropping or otherwise damaging expensive dentures.





M. BURNEICE LARSON, *Director*

Long hours—willing but sketchily trained assistants—not even a second cup of coffee to buoy your spirits! You won't throw in the sponge, naturally, because your own trials fade to triviality when you read about those classmates of yours on foreign duty.

But you can tap a new well of enthusiasm for your chosen profession (and consequently bring to it fresh energy) if you are in surroundings you like, engaged in the phase of nursing you prefer.

Through our analysis sheet for RN's, we can diagnose your abilities and suggest key appointments which would open a whole new world to you. Your name and address on a postcard will bring one of these sheets to you without delay. When you have completed it, we'll forward valuable information concerning openings offering the widest scope for your special talents. Write us tonight.

## M. BURNEICE LARSON

*Director, THE MEDICAL BUREAU*

*Palmolive Building*

*Chicago*

or have nothing to do with floor nursing administration, which is under the care of a charge nurse. Apparently, regular staff nurses and group nurses in no way interfere with each other, probably because of adequate and separate facilities for both.

Group patients' trays are set up by the charge nurse, however, with a maid assisting. Then the trays are delivered to each unit in a cart, and the group nurse takes over and serves her patients. She may use the four-burner gas range in the pantry for any special preparations, or can rely on the hot plates in the subutility rooms to re-heat food.

Mt. Sinai's group nursing program has successfully withstood the test of time. Carefully planned and administered, it was well underway before the war and now functions in high gear. According to those who participate in it, the system was good in the beginning, is now, and always will be.

## Simple Recipe for Control of BLACKHEADS

**1.** Wash skin thoroughly in warm water and the creamy, snow-white lather of Sayman Vegetable Wonder Soap, massaging briskly. Rinse well with water and pat dry.

**2.** Apply Sayman Salve and leave on overnight. Repeat cleansing of skin with warm water and Sayman Soap, then gently press out loosened blackheads with pad of cotton or tissue. To aid in closing pores, rub skin with piece of ice or pat with ice-cold water.

**3.** Do this twice each week or oftener, to keep skin thoroughly clean—an important requirement in the control of blackheads and other externally-caused skin blemishes.





## *Satisfies the Demand* FOR LOCAL THERAPY

While systemic measures are indicated in neuralgia, myositis, and arthritis, local therapy must also be provided, not only because of its valuable contribution, but to satisfy the patient's demand. For this purpose, Baume Bengué possesses several advantages. Its contained menthol and methyl salicylate induce intense active hyperemia, thus aiding in removing local metabolites and lessening pain and inflammation. A significant amount of salicylate is absorbed through the skin, thus augmenting the influence of orally administered analgesics.

# *Baume Bengué'*

## ANALGÉSIQUE

THOS. LEEMING & CO., INC., 101 WEST 31ST STREET, NEW YORK, N. Y.



## AN ACHIEVEMENT IN MATERIA MEDICA FROM THE '70'S

It was in the '70's that Dr. Phillips first presented

# PHILLIPS' MILK OF MAGNESIA

Palatable, effective, accepted at once as an outstanding medical discovery, it has continued through the years as one of the most widely used of standard medications, recognized as—

1. A reliable antacid medication, three times as effective as a saturated solution of sodium bicarbonate. No carbonates liberated, hence no  $\text{CO}_2$  bloating; minimal acid rebound.
2. A gentle, thorough laxative with no danger of bowel irritation.

Pleasant to the taste. Especially effective for children, and wherever mild laxation is indicated.

### DOSAGE:

As an antacid—2 to 4 teaspoonfuls (2 to 4 tablets)

As a gentle laxative—4 to 8 teaspoonfuls



*We will send you a sample on request.*

## PHILLIPS'

### Milk of Magnesia

Prepared only by THE CHAS. H. PHILLIPS CHEMICAL CO. New York, N.Y.

# Positions Available

*Want a job? You may find it listed on these pages. To apply, write a separate application for each opening and address each one to the correct box number, care of R.N.—A JOURNAL FOR NURSES, Rutherford, N. J. R.N. does not conduct an employment service. It merely forwards your inquiries to placement bureaus and individual employers. Send no money with application. Bureaus requiring a fee will bill you. ANSWER JOB ADVERTISEMENTS PROMPTLY!*

---

**ANESTHETIST:** West Coast. For large hospital employing five full-time anesthetists. Duties mainly in obstetrical department. Attractive location, excellent climate, and recreational facilities. (Placement bureau charges \$2 registration fee.) Box C150.

**ANESTHETIST:** Wisconsin. Clinic group needs anesthetist. Duties include giving anesthesia in a.m.'s; assisting with office work in p.m.'s. Salary open. (Placement bureau charges \$2 registration fee.) Box MB2-2.

**ADMINISTRATOR:** Midwest. Appointment open for nurse-superintendent. Small general hospital. Salary, \$165; maintenance, with 10 per cent bonus payable semi-annually. (Placement bureau charges \$2 registration fee.) Box MB2-1.

**ASSISTANT DIRECTOR OF NURSES:** Midwest. Exceptional opportunity for college graduate interested in administrative nursing. Salary, \$2,500; meals and laundry; moderate deduction for room if desired. (Placement bureau charges \$2 registration fee.) Box C152.

**DIETITIAN:** South. Appointee to take charge of diet kitchen in 75-bed unit; all private-room clientele. Ability to handle colored employees essential. Salary, \$150; full maintenance. (Placement bureau charges \$2 registration fee.) Box C154.

**DIETITIAN:** Southwest. Opening in tuberculosis sanatorium; newly completed dining rooms, excellently equipped. Salary, \$135; complete maintenance. (Placement bureau charges \$2 registration fee.) Box MB2-13.

**DIRECTOR OF NURSES:** New England. Appointment for June 1 in 175-bed general hospital; accredited school of nursing; enrollment of 60 students; degree required. Salary \$2,400-\$3,000; maintenance. (Placement bureau charges \$2 registration fee.) Box MB2-3.

**EDUCATIONAL DIRECTOR:** Chicago. Opening in medium sized suburban hospital. College degree not essential if appointee experienced with some college preparation. Salary, \$150; full maintenance. (Placement bureau charges \$2 registration fee.) Box C156.

**FIRST-AID MAN:** West. Interesting appointment caring for government employees on government construction project. Salary, \$1,800; room and

board, plus transportation from Chicago. (Placement bureau charges \$2 registration fee.) Box C157.

**GENERAL DUTY NURSE:** California. Staff nurse required for 100-bed general hospital. Eight-hour duty. Opportunity for part-time work if desirous attending nearby university. Salary \$140. (Placement bureau charges \$2 registration fee.) Box MB2-4.

**\*GENERAL DUTY NURSES:** New Jersey. Opening on staff of hospital connected with Rutgers University. Eight-hour duty. Graduates may attend college and work toward degree while earning full-time salary. Salary, \$75; full maintenance. Apply Director of Nursing, Middlesex General Hospital, New Brunswick, N.J.

**\*GENERAL DUTY NURSES:** Pennsylvania. Openings for four to six nurses, to meet needs of new eight-hour duty system, effective after February 25. Hours of duty: 7:20 a.m.—3:20 p.m.; 3 p.m.—11 p.m.; 11 p.m.—7 a.m. Salary, \$75 allowance for rooming out. Box SH2-43.

**\*GENERAL DUTY NURSES:** Washington, D.C. Immediate opening for general duty floor nurses. Eight-hour duty. State date available. Salary, \$90; room and board; no laundry. Apply to Eastern Dispensary and Casualty Hospital, 8th and Massachusetts Aves., N. E., Washington, D.C.

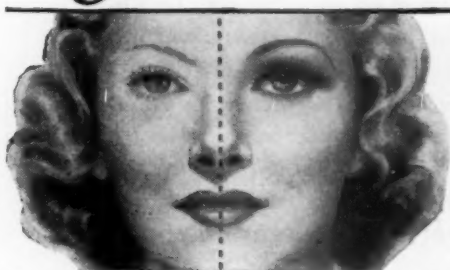
**HEAD NURSE:** East. Unusual opportunity in diabetic department of outstanding children's hospital, affiliated with university. Department accommodates 14 patients; head nurse to assist with laboratory work and research records. Salary, \$125; maintenance. (Placement bureau charges \$2 registration fee.) Box MB2-5.

**INDUSTRIAL NURSE:** Midwest. Appointee for large ordnance plant. Hospital and five first-aid stations maintained. Forty-eight-hour week; ten nurses employed at present; rotating shift. Salary open. (Placement bureau charges \$2 registration fee.) Box MB2-6.

**INSTRUCTOR:** Illinois. To teach materia medica, sociology, psychology, community hygiene, public-health nursing; attend and review doctors' lectures, and supervise practical ward experience of students. Opening in 100-bed hospital. Salary,

\*Not listed by placement bureau.

# What a Difference!



Compare the two sides of this revealing picture. First, cover the right side . . . then cover only the left. What a thrilling difference! Soft, lovely Maybelline Eye Make-up can do the same for *you*. It's amazing to see how much larger and more expressive your eyes appear, when lashes are darkened to the very tips\* with Maybelline Mascara—and brows gracefully defined with Maybelline smooth-marking Eyebrow Pencil! Solid or Cream-form Mascara—Black or Brown, 75c. Purse size at 10c counters. Eyebrow Pencil, Black or Brown, 10c.

*\*Even the darkest lashes  
fade out lighter at the ends.*



\$140; full maintenance. (Placement bureau charges \$2 registration fee.) Box C160.

**INSTRUCTOR:** Midwest. Assistant in nursing education required. Position carries faculty appointment of assistant professor of nursing in large university school of nursing. Master's degree required. Salary, \$2,500; meals, laundry. (Placement bureau charges \$2 registration fee.) Box MB2-7.

**SCHOOL NURSE:** Illinois. To work under supervision of health department. Program will include public-health work in district as well as school duties. Public-Health certificate requirement. Salary, \$170. (Placement bureau charges \$2 registration fee.) Box MB2-8.

**SCRUB NURSE:** South. Opening in 100-bed hospital; no training school. Salary, \$100; full maintenance. (Placement bureau charges \$2 registration fee.) Box C172.

**SUPERVISOR, DAY:** Michigan. Must be qualified to teach ward aids in tuberculosis hospital. Salary \$125-\$150; maintenance. (Placement bureau charges \$2 registration fee.) Box MB2-9.

**SUPERVISOR, MEDICAL FLOOR:** Illinois. Candidate with post-graduate work in ward administration preferred; able to conduct clinics on floor. Opening in 130-bed hospital. Salary open. (Placement bureau charges \$2 registration fee.) Box C169.

**SUPERVISOR, MEDICAL AND SURGICAL CLINICAL:** Colorado. Appointee must be eligible Colorado registrant; should have some college work in nursing education or post-graduate preparation. Salary open. (Placement bureau charges \$2 registration fee.) Box C170.

**SUPERVISOR, OBS.:** Oregon. For department averaging fifty to sixty cases monthly. Post-graduate required. Minimum starting salary, \$135; maintenance. (Placement bureau charges \$2 registration fee.) Box C163.

**SUPERVISOR, OPERATING ROOM:** Pennsylvania. Opening in active department of 95-bed hospital; six-day week. Salary, \$135; complete maintenance. (Placement bureau charges \$2 registration fee.) Box C165.

**SUPERVISOR, OPERATING ROOM:** East. Opening in eastern university hospital. Post-graduate training essential. Salary \$135; complete maintenance. (Placement bureau charges \$2 registration fee.) Box C166.

**SUPERVISOR, PEDIATRIC:** California. Position open in department of 60 beds, averaging 34 patients, in large general hospital. Salary, \$150; meals, laundry. (Placement bureau charges \$2 registration fee.) Box MB2-10. [Turn the page]



## R. N. KEY TAGS

● If you have not yet purchased a personal key tag, send in your order now before it becomes impossible to offer them for 25c.

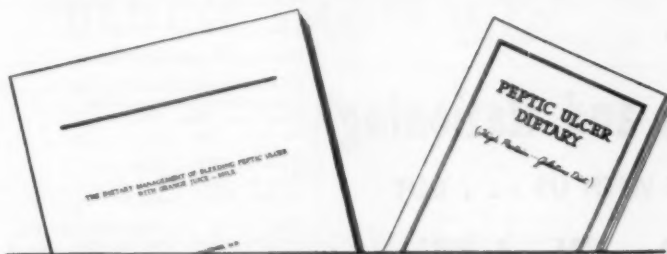
When you purchase a key tag your keys become permanently registered in our editorial offices *free of charge*.

The tag is attractively embossed on silver-finished metal. On its reverse side is your personal identification number—and instructions requiring the finder to return the keys to our offices in Rutherford. Lost keys sent to R.N. will be forwarded immediately.

Key Insurance Editor  
R.N.—A JOURNAL FOR NURSES, Rutherford, N.J.



## New Booklets on the Management of Peptic Ulcer



**For Nurses:** The Knox Gelatine Company has published a reprint of results reported from a large hospital, dealing with the management of 35 consecutive peptic ulcer patients with massive hemorrhage. Orange juice, milk, and gelatine were employed for two days, followed by feedings of the same formula between meals of blandest soft diet.

Conclusions showed that the acid combining power of the orange juice-milk mixture is increased by adding plain, unflavored gelatine.

**For Patients:** The Knox Company has also prepared an understandable discussion of this peptic ulcer dietary, with suggested bland menus and supplemented by a routine of drinking Knox Gelatine (a pure, wholesome protein) at regular intervals. Eighteen suitable bland-diet Knox recipes are given, too, each planned for special appetite appeal. (All menus and diets to be under a physician's supervision, of course.)

Every nurse knows that, in many cases, the primary step in the treatment of peptic ulcer resolves itself into relief from pain. And since results reported in this new booklet indicate gelatine feedings have been satisfactory in the management of peptic ulcer patients, it will undoubtedly be of interest to the nursing profession. The Knox Gelatine Company will gladly send it and the practical booklet for patients. There is no obligation. Simply fill in and mail the coupon below.

# KNOX GELATINE

(U. S. P.)

A Supplementary Protein Concentrate

### Mail This Coupon for FREE Booklets.

Knox Gelatine, Dept. 450, Johnstown, N. Y.

Please send the following booklets. I understand there is no obligation.

☐ "The Dietary Management of Bleeding Peptic Ulcer with Orange Juice—Milk"

☐ "Peptic Ulcer Dietary"

Name \_\_\_\_\_

Address \_\_\_\_\_



**\*SURGICAL NURSES:** Chicago. Openings in modern 135-bed hospital. No night calls. Salary, \$100; meals and laundry. Box EH2-43.

**SURGICAL NURSE:** South. Position open for experienced surgical nurse to act as first assistant to surgeon in industrial, surgical practice; both hospital and office duties. Salary, \$1,800. (Placement bureau charges \$2 registration fee.) Box MB2-11.

**TECHNICIAN:** Midwest. Responsible position in laboratory of large aircraft corporation. (Placement bureau charges \$2 registration fee.) Box MB2-12.

*\*Not listed by placement bureau.*

## Taxes and Rationing

ARE WITH US . . . BUT

## You Can Work Where

*Good salaries take care of the taxes  
Good climate furnishes heat and food  
There's scenery from your own window*

**ANAESTHETISTS**—(a) For exodontist in one of major Arizona cities; \$150-\$175. (b) A 600-bed county hospital near San Francisco needs anaesthetist; \$140, maintenance. (c) Large private hospital, Southern California; \$175. (d) General 60-bed hospital on Washington coast; picturesque location; \$150, maintenance.

**GENERAL DUTY**—(a) Pleasant private general hospital, university town in Central California; \$140. (b) Two clinic nurses, one for Washington, one for New Mexico; good salaries. (c) Several; 300-bed Catholic hospital near Los Angeles; \$135. (d) Night duty nurses; hours 11-7, tuberculosis and general hospitals, pleasant coast town; \$110, maintenance.

**OBSTETRICS**—(a) Delivery room, 200-bed private hospital on ocean, Southern California; \$110, maintenance. (b) Night obstetrical supervisor, large seaside hospital; charge of department; salary open.

**SURGERY**—(a) Straight 8-hour duty, 100-bed private general hospital on coast near Los Angeles; \$120, maintenance. (b) Large state hospital, Southern California; \$155.

**SUPERVISORS**—(a) Teaching supervisor; degree preferred; Southern California training school; scenic and historic location; \$150, maintenance. (b) A 600-bed county hospital, Central California, needs **SURGICAL WARD** supervisor, **PEDIATRIC WARD** supervisor and **ORTHOPEDIC WARD** supervisor; excellent salaries. (c) Training school hospital, San Francisco area, needs obstetrical supervisor; \$135, maintenance. (d) Surgery supervisor, one of California's most noted private general hospitals; salary open.

## Business and Medical Registry

(Agency) Elsie Miller, Director  
609 South Grand Avenue, Los Angeles, Calif.

## Where to find our advertisers

Arrid .....	64
Asnoe's-Woodward Medical Personnel Bureau .....	54
Baby Bathinette Corporation .....	8
Belmont Laboratories, Inc. ....	61
Bonne Bell .....	56
Bristol Myers Company .....	9, 14
Business & Medical Registry .....	74
Chicopee Sales Corp. ....	41
Denver Chemical Company .....	51
Effervescent Products, Inc. ....	13
Emergency Laboratories .....	50
Energine Shoe White .....	45
Ex-Lax, Inc. ....	42
General Mills, Inc. ....	33
Glover, Inc., H. J. ....	55
Griffin Mfg. Company .....	55
Hart Drug Corporation .....	60
Hoffmann-La Roche, Inc. ....	39
Hollings-Smith Company, Inc. ....	59
Horlick's Malted Milk Corporation .....	11
Hudson Products, Inc. ....	67
Jennings, Inc., Annette .....	44
Johnson & Johnson .....	3
Kendall Mills .....	6
Knox Gelatine Company .....	73
Kress & Owen .....	65
Leeming & Co., Inc., Thos. ....	69
Lever Brothers Company .....	10, 63
Levor & Co., Inc., G. ....	58
Linde Air Products Co. ....	50
Lorr Laboratories .....	66
Maybelline Co. ....	72
Medical Bureau .....	68
Morris & Co., Inc., Phillip .....	75
MuCol Company .....	8
Musterole Company .....	46
National Dairy Products Corp. ....	5
New York Pharmaceutical Co. ....	54
Norwich Pharmaceutical Company .....	40
Nursecraft, Inc. ....	4
Num Specialty Co. ....	51
Numotizine, Inc. ....	56
Pacquin's, Inc. ....	57
Parker Herbox Corp. ....	45
Petrogalar Laboratories .....	12
Phillips Chemical Co., Chas. H. ....	70
Procter & Gamble Co. ....	Back cover
Professional Printing .....	40
Pyramid Rubber Company .....	62
Ralston-Purina Company .....	Inside back cover
Resinol Chemical Company .....	65
Reynolds Tobacco Co., R. J. ....	48, 49
Sarnay Products, Inc. ....	58
Sayman Products Co., T. M. ....	68
Seck & Kade, Inc. ....	60
Sharp & Dohme, Inc. ....	16
Shield Laboratories .....	Inside front cover
S.M.A. Corporation .....	15
Takamine Laboratory, Inc. ....	52
Trimble, Inc. ....	52
Union Carbide and Carbon Company .....	50
U.S. Vitamin Corporation .....	7
Van Patten Pharmaceutical Co. ....	51
Vapo-Cresolene Co. ....	42
Wander Company .....	47
White Rock Uniform Co. ....	76
Wyeth & Brother, Inc., John .....	43

## WHO ARE THE MEN BEHIND THE "FACTS"

# ?

**F**ACTS quoted by PHILIP MORRIS are based on studies conducted by recognized authorities whose work is known to the profession...whose findings have been published in leading medical journals.\*

Their tests, not only in the laboratory, but in the clinic as well, have conclusively *proved* PHILIP MORRIS Cigarettes to be *definitely and measurably less irritating* to the sensitive tissues of the nose and throat . . . an advantage due to a difference in the manufacture of PHILIP MORRIS.

May we suggest that you try PHILIP MORRIS, and observe the results for yourself?



# PHILIP MORRIS

PHILIP MORRIS & CO., LTD., INC.  
119 FIFTH AVENUE, N. Y.

\* *Laryngoscope*, Feb. 1935, Vol. XLV, No. 2, 149-154  
*Laryngoscope*, Jan. 1937, Vol. XLVII, No. 1, 58-60  
*Proc. Soc. Exp. Biol. and Med.*, 1934, 32, 241  
*N. Y. State Journ. Med.*, Vol. 35, 6-1-35, No. 11, 590-592.

FEB.—R.N.—1943

# Exclusive!

## WHITE ROCK UNIFORMS

score again  
with ...

*Celanese\**  
*Piquenese\**  
A FABRIC OF RAYON  
\*Reg. U. S. Pat. Off.

This smart, durable, washable fabric is now exclusively offered in nurses uniforms made by the White Rock Uniform Co. It further emphasizes the persistent efforts of the manufacturer to provide nurses with practical, distinctive garments . . . finest of quality, styling and workmanship . . . for the least money. Every uniform carries a money-back guarantee for your protection.

Only \$4.98  
... made possible  
by our direct fac-  
tory-to-you sales  
policy

### Check these highlights—

- Ordinary soil will not penetrate the fiber, hence garments may be easily washed in lukewarm water with any mild soap.
- A quick drying fabric . . . eliminates necessity to wring out.
- Repeated washings do not depreciate the crispness of the cloth.

If you do not have our latest catalog  
SEND FOR YOUR COPY TODAY



STYLE 602  
... for short sleeves  
order No. 603. Sizes  
32 to 44.

STYLE 600  
... for short sleeves  
order No. 601. Sizes  
12 to 22, juniors 11  
to 17.

WHITE ROCK UNIFORM CO.

Lynchburg, Virginia

**A HOT BUILD-UP BREAKFAST FOR ALL AMERICA**



**Made from  
Whole Wheat Grains**

**Natural Wheat  
Germ Added**

**Richer in Thiamin than  
Natural Whole Wheat**



**HOT—NOURISHING  
NEEDS NO COOKING**  
Just stir into boiling  
water or milk—  
and serve



**Ralston Whole Wheat Cereal, 40-year-old favorite, is exactly the same as Instant Ralston except it cooks in 5 minutes.**



**FREE!** New 20-page illustrated book. Tells why whole grain products are important in nutrition; how these products are prescribed by doctors in normal and special diets. Includes recipes, food nutrients chart, helpful tables and photographs.

Ralston Research Laboratories  
Ralston Purina Company  
32 Checkerboard Square, St. Louis, Mo.  
Please send, no cost or obligation, your new 20-page book on whole grain products.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_



*"Noncommittal  
my foot!"*

"Doctors have their enthusiasms—just like everybody else! Look at the way they just voted for my Ivory Soap. Recently every registered physician in America was sent a letter by a leading medical journal. They were asked what brand of soap they advise. *And more doctors said they advised Ivory for babies and adults than all other brands of soap together!* Nothing half-way about that as an opinion, huh, Nurse?"



*This is the stuff, Nurse...*



"Know what happened in a lot of skin patch tests? Hundreds of 'em were made—using a technique approved by leading dermatologists—and they definitely proved Ivory's superior mildness! Mildness that's superior to that of 10 leading toilet soaps. There's never any dye, medication, or strong perfume in my Ivory that might prove irritating."



*Castiles? Poo!*

"Listen to this . . . examinations of 44 imported castiles, bought at random in 6 cities, revealed that 42 showed definite traces of rancidity. And rancidity can be mighty irritating to a skin like mine. I guess that's why you nurses like Ivory—because you can always *depend* on it—because it's always safe and pure and mild."

*More Doctors advise*  
**IVORY SOAP**

*than all other brands together—99<sup>44</sup>/<sub>100</sub>% Pure • It Floats*